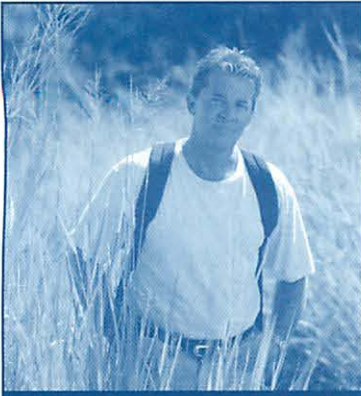


Alternatives[®]

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

Mountain Home Publishing

Special Report



Dr. David G. Williams

Topics in This Report

Toxic Highways.....	1
The Best Way to Encourage Healthy Bacteria	2
Distillation Is the Answer	3
How to Ferment Your Own Food.....	5
The Williams' Sauerkraut Recipe	5
A Simple Wafer Can Make All the Difference	5
The Problem With Probiotics.....	6
A European Trick for Avoiding Digestive Dilemmas	6
Portable Probiotic Supplements.....	7
The <i>Real</i> H. Pylori Story ..	7
Finally.....	8

Problem-Free Digestion

Every day in your body, there is a constant battle going on as beneficial bacteria in your bowel try to protect you from the massive number of harmful bacteria that have entered your colon through food and water. Were these toxic invaders left to multiply unchecked, they would cause severe local distress, then break through the protective barrier of the colon wall, enter the bloodstream, and trigger infections throughout the body. This is why 35 million people in this country alone suffer from irritable bowel syndrome (IBS), and millions more have related health problems, such as ulcers, indigestion, recurring vaginal infections, or chronic constipation or diarrhea.

There's no way to eliminate all the potentially pathogenic bacteria from our environment, nor would it be advisable, but improving the environment of the gastrointestinal tract can result in a reduction of all types of symptoms throughout the body.

TOXIC HIGHWAYS

In past issues of *Alternatives*, I've written about the work of Dr. Weston Price. During the 1930s, Dr. Price demonstrated time and again just how dangerous the toxic metabolites of pathogenic bacteria were. In his experiments he took an infected tooth extracted from a patient with a known health problem and surgically implanted the tooth just under the skin of a rabbit. Within a very short time, the patient recovered from his problem,

but the rabbit developed the exact same problem. Once the source of bacteria (the tooth) was removed from the rabbit, its health returned to normal. Dr. Price repeated the experiment hundreds of times with the same results. It didn't matter if the condition was heart disease, kidney problems, rheumatoid arthritis—the toxic metabolites from the bacteria created the same problem. Dr. Price's experiments suggest that health problems can occur practically anywhere in the body, even if there isn't a full-blown, *systemic* bacterial infection.

Based on this, it would seem that the unbalanced growth of pathogenic bacteria in the colon could be responsible for circulating toxic metabolites throughout the body. If you think about it, there are really only three routes through which pathogens can enter the body: the skin, the respiratory passages, or the gastrointestinal (GI) tract. Skin is generally a very efficient barrier. The respiratory tract is less efficient and is the route through which we usually contract acute problems like colds and flu. The GI tract is particularly vulnerable. It has the same links to the outside environment as the respiratory tract. If pathogens survive the journey through the acids and enzymes in the upper part of the GI tract, they may find the perfect permanent home in the colon—a warm, moist, nutrient-rich environment that lacks oxygen and strong digestive fluids. It's an ideal place for bacteria to grow and flourish,

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which is why the colon is often the seat of many chronic problems.

When you take into account the current habits of our society, it's easy to understand how pathogenic bacteria can gain a strong foothold in the colon:

- We now consume less fiber and more refined carbohydrates than at any time in history. Both of these habits slow bowel transit time and fuel harmful bacteria strains.
- Excessive use of antibiotics has become widespread. As opposed to probiotics (meaning "for life"), antibiotics (meaning "against life") indiscriminately destroy all forms of bacteria in the body. And most people who take antibiotics never repopulate their body with good bacteria. Don't get me wrong; antibiotics can be lifesavers. When used prudently and properly—when nothing else will work—they can be very effective. But they are not preventive medicine or for long-term, continuous use, and they come with problems, one of which is promoting less harmful forms of bacteria to mutate into more potent, drug-resistant forms. The result can be severe infections.
- NSAIDs (nonsteroidal anti-inflammatory drugs), such as aspirin, ibuprofen, and naproxen increase not only stomach and intestinal bleeding, but also permeability of the entire gastrointestinal tract. When the GI tract is more permeable, larger proteins, bacteria, and toxins are able to enter the bloodstream, resulting in allergic reactions, increased stress to the immune system, and the spread of toxins through the body.
- Chlorinated water can make it almost impossible to maintain ideal bacterial flora in the gastrointestinal tract because chlorine kills bacteria. It doesn't matter if the bacteria are good, bad, or indifferent. If you're drinking chlorinated water, it's time to change. I recommend drinking distilled water.

If you can't get distilled water, then at least let your drinking water sit in a pitcher overnight to allow some of the chlorine to dissipate. Better still, add a teaspoon or two of powdered vitamin C to every gallon to help break down the chlorine and its byproducts. (An excellent source of vitamin C is Wholesale Nutrition's Ascorbic Acid Crystals.

Wholesale Nutrition can be reached at 800-325-2664; price lists and product information are on their Web site, www.nutri.com.)

It's no wonder so many people in this country have no energy and are constantly sick! Their imbalanced colons support colonies of pathogenic bacteria that are constantly spewing toxins into their system. Their immune system is constantly battling just to keep things under control. That said, however, people are exposed to the same pathogens every day, yet some get sick and some don't. Why? A strong immune system response determines who can or cannot fend off premature aging, sickness, and disease.

Maintaining and nurturing the proper bacterial flora in the lower bowel is one of the most potent tools for protecting ourselves from a long list of pathogens, without any of the ill effects associated with antibiotics. Probiotics are not a direct defense against them, but having a strong immune system is essential.

THE BEST WAY TO ENCOURAGE HEALTHY BACTERIA

Beneficial bacteria originate in the soil. The plants that grow closest to the soil are richest in these beneficial bacteria, called lactic-acid bacteria. They play a key role in the fermentation process. They cause milk to undergo natural fermentation and change milk sugars into lactic acids, which protect unpasteurized milk from undesirable organisms that would otherwise cause it to spoil. Nature's way of preserving milk is to let it sour. Sour milk products have been part of our ancestors' diets since milk was first collected from animals, and lactic acid-fermented foods have been dietary staples for thousands of years. Early writings show that Chinese workers ate acid-fermented vegetables while building the Great Wall of China. The Japanese have routinely served pickled vegetables with their meals. Lactic acid-fermented cabbage has been revered as one of the most beneficial healing agents throughout recorded history. Centuries ago, the Koreans developed kimchi by acid-fermenting cabbage and other vegetables. And decades before antibiotics, cabbage juice was successfully used to prevent or heal peptic and duodenal ulcers.

Note: In one study, cabbage juice alone had a cure rate of over 92 percent in the treatment of

Distillation Is the Answer

I've used distillation in my home and office for years. Water distillation involves heating water until it boils and turns to steam. The boiling action kills the various bacteria and other pathogens; and as the steam rises it leaves behind waste material, minerals, heavy metals, and other heavier contaminants. The steam is then cooled and returns to water.

Not Flawless, but Close to It

There are problems with distillation, but they can easily be overcome, and I think they're a small price to pay to ensure that your drinking water will always be as pure as possible:

- Some organic compounds boil at lower temperatures than water, and will rise and mix with water vapor. These chemicals can be removed by using a carbon filter on the water before it enters or after it leaves the distiller. (Better units come equipped with carbon filters.)
- Minerals and other solids accumulate in the bottom of the boiling chamber and must be cleaned out. But most distillation units have removable boiling chambers that can be cleaned in a couple of minutes with plain water or a mild acid, like vinegar. Some versions have a built-in pump that kicks on to help purge the boiling tank of leftover residue.
- Boiling water during the distillation process creates heat. In the winter this can be a positive feature; in the summer it may not. We keep our distiller in the laundry room, and during the winter the heat it occasionally generates helps heat that part of the house and dry wet clothes we've left hanging. In the summer we run the distiller at night and open the window in that room.
- It takes a little longer to distill water, but most units have an automatic refill mechanism so you're never without water.

Benefits Far Outweigh the Inconveniences

Distillers have several major advantages over all other purification systems:

- A good distillation system pretty much eliminates ever having to have your water tested. It will remove every kind of bacteria, virus, parasite, and pathogen, as well as pesticides, herbicides, chemicals, heavy metals, and even radioactive contaminants. It's the only purification method I know that removes all these impurities.
- Other systems gradually lose their effectiveness. Distillation continues to work flawlessly.
- It requires a bit more electricity than other methods, but it doesn't waste water.
- If your water supply is cut off for any reason, you can manually fill the boiling chamber with water from a river, lake, pond, or swimming pool and have an endless supply of clean water.

It's a Lifetime Investment

More than a decade ago, after testing dozens of distillers, I recommended a Canadian-made unit being sold by the Waterwise Distillers. I still recommend it today. I like the Waterwise 9000 Distiller. It "brews" safe, clean water, costs \$379.99, and is available from Mountain Home Solutions at 800-211-8562 (code 18189-1).

The initial cost of distillation is more than other processes, but it is the only process that eliminates the need to periodically test water conditions because they change constantly. And, more importantly, it's the only method that guarantees pure drinking water, no matter what the quality of a water source is or how much it deteriorates.

these ulcers, compared to about 32 percent with a placebo or other treatment. The dosage in the study consisted of only 50 cc of raw cabbage juice from a quart of freshly pressed cabbage. (*Calif Med* 56;84(1):39-42) If you have ulcers, indigestion, and/or an overgrowth of *H. pylori*, cabbage juice is a safe, effective, and inexpensive remedy. If you "culture" it, or give it a chance to ferment, you'll experience even more benefits.

In the last 100 years, the most beneficial fermented foods have practically been eliminated from our diet. Much of the reason for this has to do with the way we now preserve foods, particularly vegetables. When fresh vegetables weren't as readily available throughout the year, they were often

preserved through fermentation. Nowadays, thanks to improved transportation and storage techniques, we can buy vegetables year-round. Freezing and canning have become the preferred methods of preserving. While these techniques retain vitamin content and are convenient, they do little to provide beneficial bacteria for your system.

In this country, just about the only fermented food we continue to eat with any regularity is pickles made from fermented cucumbers. But commercial pickles are made with vinegar instead of just salt and water, and then pasteurized, which kills all the lactic acid-producing bacteria. This process, in effect, renders the product nearly useless when it comes to improving health.

THE COST OF A DIET WITHOUT FERMENTED FOODS

Believe me, not being able to include fermented foods in the diet is more than just an inconvenience. Our immune system, much of which is concentrated in the gastrointestinal tract, is being assaulted daily by unfamiliar microbes on foods grown around the world, swimming in increasingly polluted water supplies, and clinging to globe-trotting travelers.

Our ability to ward off these microbes effectively has become compromised. Irritable bowel syndrome (IBS) is on the increase worldwide, and seems to be more prevalent in Western-type societies, among the middle and upper classes. In less-industrialized areas, where lactic acid-fermented foods are still diet staples, the incidence of IBS and other related gastrointestinal problems is about one-tenth that of Western societies.

THE HEALTH BENEFITS OF LACTIC ACID-FERMENTED FOODS

A closer look at the health benefits provided by lactic acid-fermented products helps explain why they are so crucial to good health.

1. **They balance the production of acid in the stomach.** When the stomach produces less hydrochloric acid, fermented foods help increase acidity of gastric juices. When there is an overproduction of acid, they protect the stomach and intestinal lining. As we get older, our production of both the digestive juices and the enzymes required for proper digestion begin to decrease. Foods like sauerkraut, buttermilk, and pickled vegetables can help make up this loss. The key here is to eat not a large helping once or twice a week, but to have a small portion on a regular basis—once or twice daily with meals is best.
2. **They produce acetylcholine.** Acetylcholine facilitates the transmission of nerve impulses, helps increase bowel motility, and can alleviate constipation. It also helps promote the release of digestive juices and enzymes from the stomach, pancreas, and gallbladder.
3. **They are beneficial for diabetics.** In addition to improving pancreatic function, the carbohydrates in lactic acid-fermented foods have been broken down or “pre-digested.” As a result, unlike ordinary carbohydrates, they do not place an extra burden on the pancreas.

4. **They create anti-cancer compounds.** I’ve written in the past about the anti-cancer benefits of cruciferous vegetables, which include cabbage. Numerous compounds (such as sulforaphane, indole-3-carbinol, selenium, and glucosinolates) in these vegetables exhibit anti-cancer activity. New research has found that fermenting cabbage and other cruciferous vegetables results in the creation of even more anti-cancer agents.

Researchers at the University of Illinois were curious why Polish women who moved to the United States were far more likely to develop breast cancer than their relatives who remained in Poland. One of the primary dietary changes associated with their move was a lower consumption of fermented vegetables, particularly cabbage. They found that very low concentrations of extracts from these vegetables exhibited anti-estrogen effects. Moreover, when purified and separated, these anti-estrogenic compounds were different from anything seen before. New studies are underway to determine if these compounds can be the basis for a new class of drugs that can be used to prevent cancer. (*J Agric Food Chem* 2000; 48(10):4628-34)

Cancer has always been associated with a decrease in the production of hydrochloric acid and digestive enzymes. When such a decrease occurs, improperly digested food overloads the liver and other systems with metabolic toxins. Several doctors, including the noted cancer specialist Nicholas Gonzales, have found that increasing the enzymes and digestive capabilities of cancer patients often can help the body rid itself of the cancer. NIH cancer studies are currently underway to validate these findings.

Additionally, lactic acid increases production of the B vitamins by intestinal flora, increases cell metabolism, and acts as a detoxifier, all of which are beneficial to the cancer patient. Dr. Johannes Kuhl of Germany has reported using lactic acid-fermented products to treat colon polyps. He reports that these pre-cancerous growths in the colon will disappear after four to six weeks of heavy ingestion of lactic acid-fermented vegetables, and will not recur as long as the vegetables are eaten on a regular basis. (*Krebs und Bestrahlung: Ein Irrtum Moderner Medizin* 66; Viadrina Verlag)

The Williams' Sauerkraut Recipe

(Makes 1 quart)

- 4 cups shredded cabbage, loosely packed
- 1 tsp. juniper berries
- ½ tsp. cumin seeds
- ½ tsp. mustard seeds
- 2 tsp. sea salt
- 2 Tbsp. liquid whey (if not available, add an additional 1 teaspoon salt)*
- 1 cup filtered water**

In a bowl, mix cabbage, juniper berries, cumin, and mustard seeds. Mash or pound with a wooden mallet for several minutes to release juices. Place in a quart-sized wide-mouth Mason jar and pack down. Mix water with salt and whey and pour into jar. Add more water, if needed, to cover cabbage. There should be about one inch of space between the top of the cabbage and the top of the jar. Place a lid on the jar and close tightly. (Lacto-fermentation is an anaerobic [without oxygen] process and the presence of oxygen, once fermentation has begun, will ruin the final product.) Keep at room temperature for three days. Transfer to a root cellar or the top shelf of your refrigerator. The sauerkraut can be eaten immediately, but it improves with age.

Note: It's normal for white spots or a white film to form on the surface of the liquid covering the sauerkraut. This is a form of yeast called kahm. Although it's totally harmless, it can impart a bad taste to the cabbage. I would recommend removing it gently with a spoon before using the sauerkraut.

* If you use whey, it must be in the liquid form, not powdered. You can make your own whey by pouring yogurt into a cheesecloth, coffee filter, or clean kitchen towel. Capture the whey liquid as it drips into another container. Using whey allows you to decrease the amount of salt needed and improves consistency. It is naturally rich in both lactic acid and lactic acid-producing bacteria.

** Don't use chlorinated tap water. Chlorine can destroy lactic microbial organisms and prevent fermentation.

5. They inhibit and destroy pathogenic bacteria.

Many pathogenic forms of bacteria are sensitive to acidic environments. This is true of both cholera and typhoid. In the early 1950s, during a European epidemic of typhoid fever, reports emerged that fresh sauerkraut was an effective agent for killing the bacteria. More recently, German scientists working with a strain of lactic-acid bacteria in sourdough bread found it to be more effective than past strains at killing other microbes. Further investigation revealed that the bacterium being

studied was a previously unreported strain. In early lab results it quickly eliminated the super-bugs currently resistant to most antibiotics. As one might expect, efforts are under way to turn this microbe into a new antibiotic. (*Angewandte Chemie International* August 2000)

The dangerous *E. coli* 0157:H7 bacteria has caused numerous outbreaks of food poisoning and several deaths over the last few years. *E. coli* normally occurs in the intestines and manure of cattle, and, with the exception of this one particular strain, is relatively harmless. Recently, rather than resort to antibiotics, scientists at the University of Georgia isolated other strains of *E. coli* that kill the 0157 strain and sprayed it onto cattle feed. Within two weeks, the new *E. coli* out-competed the 0157 strain and eliminated it completely in about 90 percent of the cattle.

The concept of using naturally-occurring "bugs" to eliminate harmful bacteria is an idea that is finally catching on in the scientific community. Unfortunately, however, more effort seems to be directed at finding alternatives to antibiotic use in animals than in humans.

HOW TO FERMENT YOUR OWN FOOD

I make my own yogurt, fermented vegetables, and sauerkraut since most of the yogurt and sauerkraut sold in stores have few or none of the benefits these foods have in their unprocessed forms. To ferment milk at home I use the Miracle Yogurt Maker. You can purchase the Miracle Yogurt Maker brand online at many different Web sites or some health food stores. If you don't want to make yogurt, I recommend Stoneyfield Farm organic yogurt (available in health food stores) or White Mountain Bulgarian yogurt, which is sold primarily in Texas, with sporadic distribution throughout the Midwest and East Coast regions. Both of these brands are likely to contain beneficial bacteria that are still alive and kicking. To ferment cabbage and other vegetables I use the fermenter crock available from Miracle Exclusives, 800-645-6360.

A SIMPLE WAFER CAN MAKE ALL THE DIFFERENCE

Over the years, *Lactobacillus acidophilus* supplements have gained a reputation for improving the bacteria of

the intestinal flora. However, one limitation is that they can only change milk sugar into lactic acid. In other words, if you've been on antibiotics and you want to restore good bacteria and correct the pH of your colon with *Lactobacillus acidophilus*, you need to take milk products with the supplement.

On the other hand, there is a product that has been around since 1939 that will help convert any carbohydrate into lactic acid. **Lactic Acid Yeast** is a wafer made by Standard Process Laboratories. It contains a mycelium type of yeast (*Saccharomyces cerevisiae*) that converts all carbohydrates into lactic acid. I haven't found another supplement that is as effective at stopping diarrhea and helping re-establish the flora of the lower bowel.

If you travel, especially to third-world countries, you can encounter a wide range of alien organisms. If the bacteria in your lower bowel can't deal with them, your body flushes them out as a safety mechanism, which accounts for diarrhea. Stopping contractions and movement of the intestinal tract with drugs such as Lomotil may stop diarrhea, but they also bring the cleansing process to an abrupt halt. This, in turn, can cause a prolonged toxicity problem throughout the body.

HELP FOR YOUNG AND OLD ALIKE

Lactic Acid Yeast is great for elderly adults who won't eat fermented foods, those who can't swallow pills for some reason, or anyone bedridden and on liquid foods. (The wafers are chewable but can also be pulverized and put into liquid or solid foods.) Older people often get diarrhea, and prolonged diarrhea in the elderly (or the young) can have very serious consequences that need to be corrected as quickly as possible. That's why I recommend that elderly people keep a bottle in the house. Two wafers with each meal for adults will stop diarrhea, often within the same day.

I've also given these wafers to children under five, hundreds of times, to stop diarrhea or constipation within hours. It would be hard to get a baby to take most probiotics; and even if they did swallow them, the probiotics might not make it to the colon before being destroyed by stomach acids or enzymes. So Lactic Acid Yeast is the perfect antidote for diarrhea or constipation in babies. Pulverizing half a wafer and adding it to a couple of spoons of food, liquid, or a baby's bottle usually brings quick relief.

Lactic Acid Yeast can be purchased through your health care professional or www.costlessupplements.com; 800-578-5939.

THE PROBLEM WITH PROBIOTICS

For years I have searched worldwide for the easiest and most convenient ways to include fermented foods in the diet. While I have no qualms about recommending acidophilus and other probiotic products, most people get mixed results—if any—with them. The problem stems from the fact that most of the beneficial bacteria in these products don't survive long enough to reach the consumer. And with the ones that do, their potency drops dramatically every time the bottle is opened and exposed to light and air. Believe me, I've tried and tested dozens of products.

I worked with one manufacturer that attempted to bottle a "live" fermented drink. Unfortunately, most of the bottles would explode during storage or shipping. I found another fermented product in Australia, but the shelf life was horrible and

A European Trick for Avoiding Digestive Dilemmas

Research has shown that we produce less and less hydrochloric acid as we age. One of the biggest downsides of this is that protein requires a lot of hydrochloric acid to be broken down; and if protein isn't broken down completely, it has a tendency to ferment and putrefy. When this occurs, you will have burping and gas after eating, bloating, heartburn, and sometimes vomiting.

The simplest way to stop the problem is to eat protein foods at the beginning of a meal. In the United States we generally eat salad before a meal. Carbohydrates that make up the salad require no hydrochloric acid. But, the stomach dumps all the hydrochloric acid in to begin with, so when the protein food (meat, fish, beans, cheese, etc.) needs acid, there is none left. Always eat the vegetable salad with the protein food or after, but never before.

If this does not stop the problem, you may need to help your stomach out by taking some hydrochloric acid with your meal. I recommend betaine hydrochloride, which you can get at your local health food store. One important point to remember here is to take one or two tablets *after* you eat. Whatever you do, don't take them before or during the meal, because your stomach should produce and secrete as much acid as it can first, before the additional acid is needed.

the viable bacteria in the product were totally unpredictable. I spent months in discussion with numerous brewmasters here and in Australia trying to develop a liquid probiotic product. While that was definitely one of my more fun investigations, it only resulted in a long string of headaches (tasting and testing too many samples and brews, I guess).

But at last, I have discovered a very unusual packaging process developed in Japan that has turned out to be one of the only methods I've seen for effectively packaging and storing live, active, beneficial bacteria and delivering them intact to the large intestine.

PORTABLE PROBIOTIC SUPPLEMENTS

As I mentioned earlier, each of us ideally should include a small amount of naturally fermented food in our diet each day. When I'm home, that's exactly what I do. But when I'm away, that isn't always convenient or possible. That's when a probiotic supplement becomes important. Stress, changes in diet, contaminated food, chlorinated water, prescription drugs or over-the-counter medications, and numerous other factors can alter the bacterial flora in the intestinal tract. To play it safe, and to stay in the habit, I now take a probiotic every day, even on the days when fermented foods are readily available.

If you've never taken a probiotic, you may notice a few changes when you start. It's not uncommon to temporarily experience a little bloating, flatulence, or intestinal gas or rumbling. This is normal, temporary, and nothing to be alarmed about. When these symptoms occur, it is a sign that the pH of your bowel is undergoing a change. As the intestinal flora get established, they will begin to eliminate undesirable strains of bacteria that naturally change the pH in the colon, resulting in a more healthy environment. It's not uncommon for the change to take a couple of weeks.

You may find that bowel movements become easier and more frequent, which is one of the greatest side benefits of probiotics. Chronic constipation problems, and the resulting toxicity, often become a thing of the past. Most individuals also seem to experience an increase in overall energy. This may not happen overnight, but as the colon gradually becomes more efficient at removing waste material and toxins, producing vitamins, and keeping

pathogenic bacteria in check, an increase in energy is a natural consequence.

THIS BEAD IS ALIVE

I mentioned earlier that I recently discovered an unusual packaging process developed in Japan that is one of the only methods I've seen that will effectively package and store live, active, beneficial bacteria and then deliver these bacteria intact to the large intestine.

The Real *H. Pylori* Story

Believe it or not, our health problems are not being caused by some drug deficiency. Drugs may mask the symptoms of a problem, but 99 times out of 100 they will cause other problems either immediately or further down the road.

A good example has to do with the bacteria *H. pylori*, which was targeted as the cause of stomach ulcers several years ago. The total elimination of *H. pylori* from the body with antibiotic therapy has become the accepted therapy for ulcers in the stomach and small intestine. Granted, eliminating this bacteria will often let the ulcers heal. But what researchers (and patients) are now discovering is that patients who have killed off their *H. pylori* colonies are subsequently developing gastroesophageal reflux and esophageal cancer. It seems that, while an overgrowth of *H. pylori* might contribute to stomach ulcers, normal populations of the bacteria provide a protective effect for the esophagus. (*J Infect Dis* 99;179(6):1523-30) (*Am J Gastroenterol* 00;95(9):2306-11)

Few people will ever connect the elimination of *H. pylori* with problems of the esophagus. The average person will take prescribed antibiotics to cure their ulcers. When they start having reflux problems or esophageal cancer, they'll never have a clue that the two are related.

H. pylori isn't some new bacteria that has recently invaded our bodies. It has been in our intestinal tracts since the beginning of time. Just like all systems in nature, there has to be a balance. It just goes to show how little we really know about some of the more basic functions of our body.

I've outlined several methods on how to restore and maintain the normal bacterial flora in your body. As time goes by, the routine consumption of probiotics and fermented foods will prove to be one of the most powerful tools you can use to boost your immune system, fight off disease, and maintain a balance of beneficial bacterial flora throughout your body.

And while I'll always continue to search for even better tools we can use, this is undoubtedly the most effective, simplest, and least expensive method of encapsulating probiotics I have found to date.

This packaging process involves enclosing live bacteria in a small, pearl-shaped beadlet formed from gelatin and a natural gelling compound. Most probiotics fail to deliver significant amounts of beneficial bacteria to the lower GI tract because these forms of bacteria are very sensitive to acidic environments. In other words, the acid in the stomach kills the bacteria before they reach the large intestine. The advantage of this beadlet technology is that the walls of the beadlet are formulated to survive the acid and release their contents only when they reach the more neutral environment of the intestines.

The beadlet has numerous other benefits that I have yet to see in any other form of delivery:

- Bacteria inside the hard, tiny pearl are completely sealed off from oxygen (which can degrade them).
- Various nutrient substances can be added to the live bacteria so their numbers grow at a controlled rate, rather than decrease over time, as they do in most products.
- Large numbers of beneficial bacteria can be effectively contained in this very small container. In fact, each "beadlet" can contain one billion beneficial bacteria.
- The small, round shape makes it very easy to swallow.
- They don't need special handling or refrigeration. In fact, they can last for up to 18 months at room temperature.

The special "triple-layer capsule" seamlessly encloses four powerful strains of healthy bacteria. Safely encapsulated, the healthy bacteria are carried to the intestines and colon, where they aid digestion and nutrient absorption in the following ways:

- Stimulate the digestive process, making it more efficient

- Enhance lactose digestion and utilization
- Break down undigested foods, including carbohydrates, in the intestines
- Aid absorption of nutrients, including B vitamins and vitamin K.

They also keep your gastrointestinal tract healthy by:

- Neutralizing some of the toxic products produced during digestion and everyday toxins we encounter
- Promoting optimal pH, helping to balance the delicate flora.

And enhance your overall health by:

- Promoting regular bowel movements
- Boosting immune function.

There are two probiotic beadlet products I recommend: Acidophilus Pearls, available from Enzymatic Therapy in health food stores or online at www.enzy.com, or BioBeads, available from Natrol in health food stores. I recommend 1 beadlet a day with water, on an empty stomach. Do not chew or crush.

FINALLY

Regardless of whether you suffer any of the problems I've discussed in this report, if you neglect the health of your colon, you're setting yourself up for future problems. Even the earliest pioneers in natural health stressed the importance of a healthy colon, but until now it has been largely overlooked by conventional medicine.

I think you'll see that attitude change in the very near future. At least in this one area, maybe some of the experts are beginning to see the light. But don't wait for the blessings from gurus or experts. Nurturing and continuously repopulating the beneficial bacteria in your colon is practicing preventive medicine at the most basic level.



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Mountain Home Publishing

Special Report



Dr. David G. Williams

Kiss Your Migraines Goodbye

AN "OILY" SOLUTION

Researchers at the University of Kiel in Germany recently alerted us to their study using peppermint oil and ethanol (alcohol) in the treatment of headaches.

Thirty-two patients took part in the double-blind, placebo-controlled, randomized study. Dabbing a mixture of peppermint oil, eucalyptus oil, and alcohol onto the participants' foreheads and temples brought about mental and physical relaxation. This mixture, however, wasn't effective at reducing headache pain. When only peppermint oil and alcohol were used, the participants noticed an almost immediate reduction in headache pain. (*Cephalalgia* 94;14(3):228-34.)

Peppermint oil is readily available from either local pharmacies or health food stores. Before being applied topically, however, it should be diluted with ethyl alcohol. Keep in mind, this is not common rubbing alcohol (isopropyl alcohol). Ethanol (or ethyl alcohol) is grain alcohol and the least expensive source is from the liquor store where it is sold as "pure grain alcohol."

This mixture is very inexpensive, and from all indications, appears to be a fairly effective remedy for headache pain.

THE 3-CENT MIGRAINE CURE: B2

Dr. Jean Schoenen at the University of Liege in Belgium has found that megadoses of vitamin B2 (riboflavin) can lessen the incidence of migraine headache attacks.

Dr. Schoenen's team tested vitamin B2 on 55 mild-to-moderate migraine sufferers, ages 18 to 65. Before the study, these individuals had between two and eight attacks per month. Dr. Schoenen's team found that patients given 400 milligrams of vitamin B2 per day experienced 37 percent fewer migraine attacks than individuals on a placebo, and the headaches they had were far less severe.

Dr. Schoenen's study indicates that riboflavin therapy is as effective as currently-used migraine medications. On top of that, it is much less expensive and has considerably fewer side effects. In fact, the only side effects reported were diarrhea in one woman and increased urination in another.

FOR OPTIMAL RESULTS, MAKE SURE YOU FOLLOW THESE TWO IMPORTANT GUIDELINES

There are two things to keep in mind if you decide to use vitamin B2 for migraines: First, it appears that you

Topics in This Report

An "Oily" Solution.....	1
The 3-Cent Migraine Cure: B2	1
Why Boxers Don't Get Migraines.....	2

need to take it for at least three months to get the full benefits. Second, whenever you take large doses of any one B vitamin, it's critical to take the other B vitamins as well. If your multi-vitamin/mineral contains all the B vitamins, that's fine. If not, then I would recommend taking a B-complex. Try Freeda Vitamins at 800-777-3737; their B-complex is excellent.

Dr. Schoenen isn't sure exactly why riboflavin works and hopes to continue his research in the area. What's important for now is that we have another effective, safe, inexpensive, and easily-obtained solution to a very debilitating problem.

WHY BOXERS DON'T GET MIGRAINES

Dr. Phillip Lamey, professor of oral medicine at the Royal Hospital in Northern Ireland, recently shed some welcome light on a simple method to help prevent migraine headaches.

Dr. Lamey and his colleagues compared peptide levels in saliva samples of migraine sufferers and non-migraine sufferers. He found that people who suffered from migraines had peptide levels between 50,000 and 60,000 units, while non-migraine sufferers had levels of only around 500 units.

THE KEY IS TO KEEP YOUR UPPER AND LOWER TEETH FROM CONTACTING AT NIGHT

To lower the peptide levels in migraine sufferers, Dr. Lamey had 19 migraine patients wear an oral appliance while they slept that completely kept the occlusal surfaces of the upper teeth from contacting the lower teeth. Apparently, teeth-clenching at night causes the excess peptide production. The results of this study were quite remarkable.

Saliva peptide levels dropped to around 500 units in migraine sufferers wearing the appliance (the same levels originally seen in non-migraine sufferers), and the number of migraine attacks dropped to an average of only 40 percent of what these patients had previously experienced. Dr. Lamey has found that the device only needs to be worn each night for about a year—for 70 percent of his patients using the

device, after one year their migraine attacks ceased completely.

THIS TECHNIQUE WORKS BEST FOR FREQUENT MIGRAINE SUFFERERS AND THOSE WHO GET MIGRAINES IN THE MORNING

Dr. Lamey's treatment doesn't help every patient suffering from migraines. It works best in those who suffer from migraines frequently (at least two per week) and regularly, and in those who experience migraines upon awakening in the morning.

The oral appliance Dr. Lamey was using in the study was 2 millimeters thick and made from acrylic. Dr. Lamey reports testing several different types of appliances. Apparently, the most important factor was that the appliance kept all the top and bottom occlusal surfaces from touching each other throughout the night.

A TRIP TO THE LOCAL SPORTING GOODS STORE MAY PROVIDE LONG-TERM MIGRAINE RELIEF

Dr. Lamey's device isn't yet available in this country, but there's a very simple alternative you can easily get at your local sporting goods store. All sporting goods stores sell athletic mouthpieces made from various rubber compounds. They're used to protect the teeth in events like boxing and football. If you suffer from migraines, especially ones that occur first thing in the morning, a trip to your local sporting goods store may solve your problem.

Mouthpieces are designed to cover the top teeth only. When selecting a mouthpiece, choose one that covers the contact surfaces of all the top teeth, including any wisdom teeth and/or back molars. Most mouthpieces come in adult and children's sizes, and you can heat them in hot water and then mold them to your bite for a better fit. (Be sure to wait for the rubber to cool off a bit before you put it in your mouth.) The smaller and thinner the appliance, the more comfortable it will be in your mouth overnight.



Alternatives[®]

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

Mountain Home Publishing

Special Report



Dr. David G. Williams

Topics in This Report

Yamoa Powder.....	2
Xlear.....	3

Real Cures for Asthma, Bronchitis, and Allergies

Traipsing around the world in search of cures for the last 20 years has had its share of failures and disappointments. For every effective remedy I have uncovered, there have probably been at least a hundred others that have proven to be worthless. I can't remember how many times I've traveled halfway around the world to some desolate, disease-ridden village in search of a highly touted "miracle," only to find that it was a hoax or that it simply didn't exist. It has been frustrating.

If I focused on all the failures and dead-end roads I've traveled, I would have stopped years ago. I haven't, however. While it's not always easy to leave my home and young family, it's stories like the following that keep me on the trail of new cures.

GUMSHOE, BLACK GOO, AND VOODOO

Several years ago, I read about a natural, foul-smelling, black liquid from Ghana, Africa, that was supposed to cure impotence. After years of

intensive searching, I found the so-called impotence cure. I collected samples and mailed some back to my office in Texas. Unfortunately (or maybe fortunately!), before I had a chance to test it, it turned into a mass of orange and gray mildew, and the sample that was mailed to Texas looked even worse when it arrived. It had fermented and leaked through the packaging. (I've always felt fortunate that I wasn't arrested by customs or postal authorities for trying to bring it into the country.)

Another report I read at the same time was about a powder that reportedly cured asthma and hay fever. The source of the powder was a closely-guarded secret that had been passed down from shaman to shaman for generations. My sources told me that a lady healer or shaman was dispensing the powder to locals, but I was never able to find her. I was disappointed, but, as I've said, it happens a lot.

A COLD TRAIL HEATS UP

Then, recently, I got a call from one of my contacts who told me

that the powder I had been looking for years ago was now being sold in London. After some serious investigation, I discovered that the powder is in fact now available there. The man selling it, Jerry Yamo, happens to be the grandson of the lady shaman I was trying to locate years ago in Ghana!

Jerry's grandmother, Akua Asirifia, was a traditional healer who lived near Agogo, in the Ashanti region of Ghana. During the 1970s and 1980s, she became quite famous in the area for curing asthma problems. Jerry remembered seeing people lined up outside his grandmother's house, waiting for the powder. She was approached on numerous occasions to reveal her remedy, but she always declined because she was afraid that once the remedy was commercialized, it would become too expensive for those who needed it.

During this time Jerry migrated to England and got a job working at the post office. He returned to Ghana in the mid-1990s and after seeing how the remedy helped asthma sufferers, and after much cajoling, he finally persuaded his grandmother to give him the secret of the powder, which she did after a tribal ceremony. At that time, she was over 100 years old. (Her exact age was unknown, but Jerry said she told him that when World War II started she was 52 years old. I'm sure we lost a wealth of traditional healing knowledge when Akua passed away at the age of 107.)

Jerry returned to London with the powder in the mid-1990s and asked 20 co-workers at the post office who suffered from asthma and hay fever to try it. All 20 reported great improvements, and some said their asthma had disappeared completely.

Jerry tried to persuade several companies to market the asthma powder, but he was unsuccessful. It probably worked out for the best, however, since he started selling the product on his own. He quit his post office job and began concentrating all his efforts on getting the word out on the powder.

EASE A WHEEZE OR SNEEZE WITH TREES

The powder is called Yamo powder and it is produced from the bark of a gum tree called *Funtumia elastica*. The bark is soaked in clean water, thoroughly dried, and turned into powder.

Now that the powder is gaining popularity in London, Jerry tells me that clinical trials are underway. The first, a double-blind study using 78 participants, was a resounding success, with 90 percent of the participants reporting that they were free from the long-term respiratory problems and with no adverse side effects. I have been testing the product myself and have had very positive results, with no reports of side effects from the powder.

While Yamo doesn't stop asthma symptoms immediately, most people experience an improvement in breathing and symptoms within seven to ten days, and most see definite improvement within 30 days. Yamo Powder also has helped with bronchitis and hay fever. (If your problem and symptoms resolve in the first week or two, I suggest that you continue using the powder for 30 days.)

THE BEST WAY TO TAKE IT

You can mask the bitter taste of Yamo by mixing it with something sweet, such as honey, jelly, or jam. I like it mixed with local raw honey, which also supplies small

amounts of pollen and other allergens to further “acclimate” the immune system.

The correct way to take the powder is to *thoroughly* mix a 30-gram container of powder with a one-pound jar of honey. *Stir the mixture before each use.* Take one teaspoon of the mixture in the morning with breakfast and a second teaspoon at dinnertime. (For children ages two through 12, use only one-half teaspoon of the mixture twice a day instead of a full teaspoon. For children less than two, still use one-half teaspoon twice daily, but don’t mix it with honey. Use either naturally sweetened jam—free of sugar and artificial sweeteners—or, even better, a bottle of unsweetened baby-food fruit.)

Yamoa Powder can be ordered online or you can print an order form from the Web site at www.yamoapowder.com and mail it to:

YamoaPowder.com
80 Godstow Road
Oxford, OX2 8NY
United Kingdom

The powder comes in a 30-gram container. This should last one month. It normally sells for about U.S. \$50, including packing and postage charges. Jerry has kindly agreed to give *Alternatives* readers a U.S. \$5 discount on their first order. To get the discount, mention on the order form that you’re an *Alternatives* subscriber. (Note: Please make all checks payable to YamoaPowder.com)

BANISH YOUR ALLERGIES WITH YAMOA AND XLEAR

Another product—this one made with xylitol—works wonders for getting people off asthma medication and correcting asthma problems. French and German researchers discovered xylitol in the 1800s. It is a safe,

simple sugar present in fruits and vegetables, such as plums, corn, and strawberries. Our bodies make a small amount of xylitol every day.

Dr. Lon Jones, a researcher with Hale Center, Hi Plains Hospital (near my home in the Texas panhandle), has developed a xylitol/saline spray called Xlear that helps the nose and immune system do what they naturally should do on their own. I thought the name was a little unusual until I learned that Dr. Jones has studied Greek and Russian, and “x” in those languages is pronounced like “c” in English. So the “x” stands for xylitol and Xlear is pronounced “clear.”

HOW DOES XLEAR WORK?

Certain harmful bacteria enter the body and attach themselves to membranes in the nose and throat. There they begin to culture and grow, causing infection and sickness. Xylitol is a natural enemy of bacteria. When the xylitol/saline solution is sprayed in the nose, it goes directly to the nasal passages and flushes out nasty germs such as *Streptococcus pneumoniae*, *Haemophilus influenza*, and *Moraxella catarrhalis*—three bacteria that live only in the nose and are responsible for practically all upper-respiratory infections.

For most allergies and mild asthma, the recommended dose is two sprays in each nostril three or four times a day. Dr. Jones likes to say, “when you spray your nose, look at your toes.” In other words, tilt your head down and on the first spray aim the bottle toward the back of your head. Keep your head tilted down and with the second spray, aim the bottle toward the top of your head. You can cut the dosage back after a few days. With severe asthma conditions, such as those that require a bronchodilator, follow the above procedure every one or two hours

for the first three days, then cut back to two or three times a day.

Practically everyone I've talked to who has used the spray reports fantastic results. It has eliminated asthma, cleared up chronic sinus infections and allergic reactions, helped to prevent bronchitis, and even healed childhood middle-ear infections. The most severe asthma problems have begun to abate in the first day or so, and have been kept at bay with only a couple of sprays a day.

XLEAR IS CLEAR OF SIDE EFFECTS

A few people initially experience a slight burning or stinging sensation. This is to be expected if the nasal passages are raw, since the salt in the saline solution can burn slightly. This should subside as the tissue begins to heal.

Those with long-standing asthma or allergy problems may experience a "cleansing episode." After a few days to a week of using the spray, some individuals either cough up or vomit large amounts of mucus. As far as I know, this happens once, and the cleansing seems to accelerate the benefits of the Xlear.

Xlear can be used safely by pregnant women and children of all ages. Taking more than

eight or ten grams of xylitol a day has produced stomachaches and diarrhea in some children. Keep in mind, however, that when you're using the spray, you get very small amounts of xylitol. Two sprays per nostril twice a day works out to only about 40 mg of xylitol per day.

Xlear is available from Xlear, Inc., 877-599-5327. If you mention you're an *Alternatives* subscriber, and purchase two or more bottles of Xlear, you'll get free shipping and handling for your order.

* * *

No remedy—natural or otherwise—cures every single person. But if you suffer from asthma, chronic bronchitis, or hay fever, Yamo Powder, taken along with Xlear, can be a godsend. What's more, besides being safe and natural, both products are inexpensive.

Unfortunately, the general public may not hear about either of these products for another ten or twenty years—if ever. That's why I've brought them to your attention in this report.



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Special Report



Dr. David G. Williams

Topics in This Report

The Connection Between
Nucleotides and Good
Health 2

Tiny Fish, Big Gains..... 3

*A Good Source of
Omega-3s, Too*..... 4

Your Two-Tin
Health Plan..... 4

*How You Can Enjoy
Sardines*..... 5

Sardine Recipes..... 6

The World's Best Anti-Aging Food

Several decades ago, I read an interview with an elderly gentleman named Charlie Smith. At the time, he was considered to be one of the oldest living people in America. Charlie Smith claimed he was in good health and that he was 130 years old.

The obvious question was Charlie's secret to longevity, primarily his diet. He said he ate sardines—"lots of sardines"—with crackers.

Like many, I had always associated sardines with tramps, hobos, and the like. As kids, my friends and I were constantly "exploring" around grain elevators, railroad tracks, and bridges, and that's where we always found sardine cans. I certainly never found them in our pantry at home.

Several years later, I had a patient in his 80s who attributed his good health to sardines. He

told me that after regularly eating sardines for 20 years, he noticed some remarkable changes. His eyesight improved to the point that he rarely needed glasses to read anymore. His memory improved. His joint pain and stiffness were gone. His skin was no longer hard and dry; he could breathe easily; and his energy level was much greater. That's when I started to take this "hobo" food a little more seriously.

In the beginning, it was difficult to find much research on sardines. However, based on what little I was able to find, I instantly became a believer in their healing ability and an ardent consumer of them. There are dozens of tins in my pantry now, and you'll even find them in my boat and truck, and on my motorcycle. After reading this report and discovering how beneficial sardines can be, I hope you'll include them in your diet as well.

Visit us at drdavidwilliams.com

THE CONNECTION BETWEEN NUCLEOTIDES AND GOOD HEALTH

To realize the benefits sardines can provide, it helps to have a basic understanding of the role nucleotides can play in promoting good health and well-being. Nucleotides are sub-units, or building blocks, from which your body creates RNA and DNA. DNA carries the genetic information, or codes, for making various proteins in the body, and RNA assists in the process. Together they are crucial in your body's ability to repair itself, form new tissue, maintain a strong immune system, and perform many other important functions.

Research has found that breast milk is very high in nucleotides and extremely important in increasing the newborn's ability to fight infections. Until recently, nucleotides were considered "non-essential" since it was thought that our bodies could make them, and we didn't have to get them from our diet. Researchers have begun to question this, however, and it is now common to fortify infant formula with nucleotides. Unfortunately, there hasn't been the same urgency to educate adults on the need to fortify their diet with nucleotides. (*J Nutr* 94;124(1Suppl):160S-163S) (*Eur J Clin Nutr* 02;56(Suppl3):S1-4) (*Opin Clin Nutr Diet Care* 98;1(6):527-30)

In our younger years we may be able to obtain enough quality nucleotides strictly from diet because our digestive systems are more efficient. But as we get older, we start to lose our ability to digest, assimilate, and convert these necessary building blocks and

energy producers. Unfortunately, it is also during these later years that we crucially need these byproducts to make necessary repairs, keep our immune system operating, and maintain our health.

Dietary nucleotides won't stop the aging process, but they certainly appear to slow it and preserve health along the way. In practically every instance where I've seen or received descriptions of someone on a high-nucleotide diet, that person appears to be much younger than their age. Nucleotides:

- Help neutralize toxins
- Increase skin elasticity
- Increase the body's ability to heal and repair
- Enhance the effects of antioxidants
- Improve the response and efficiency of the immune system, and
- Increase cellular metabolism and the production of cellular energy.

Animal studies have also suggested that when nucleotides are increased there is a dramatic increase in the body's ability to fight infections. Animals supplemented with RNA and then injected with virulent strains of bacteria were able to survive, while untreated animals succumbed to the infection.

RNA also stimulates the production of acetylcholine, a brain neurotransmitter, and dietary nucleotides can help fight memory problems and senility in the aged. Cancer patients who've taken additional dietary nucleotides have increased strength and defenses for dealing with the disease. Hospital stays

have been significantly reduced through the use of nucleotides, and critically ill patients have exhibited stronger immune responses and shorter healing times when given additional nucleotides. (*Arch Surg* 86;121(2):169-72) (*J Nutr* 94;124(1Suppl):124S-127S) (*J Nutr* 94;124(8Suppl):1442S-1446S)

Just how powerful a nucleotide-rich diet can be was illustrated when researchers intentionally placed select patients on a diet deficient in nucleotides. Their immune system function was suppressed to such a degree that the suggestion was made to use nucleotide restriction in organ transplant patients, because immune suppression is necessary to avoid organ rejection. (*Arch Surg* 90;125(1):86-90)

Although the research cited above shows how dietary nucleotides can help promote health and well-being, it is important to know that any excess nucleotides that aren't converted to RNA or DNA or utilized for energy production are broken down into uric acid. Uric acid can trigger gout symptoms and has been associated with kidney stones. **If you have a history of gout, and you would like to increase the amount of nucleotides in your diet, you should increase water intake and have your uric acid levels closely monitored by your physician.**

TINY FISH, BIG GAINS

Several foods are known for their high nucleotide content, including brewer's yeast, anchovies, mackerel, lentils, most types of beans, animal liver, and oysters. The green

alga chlorella is also high in nucleotides, as is the blue-green alga spirulina.

Sardines, however, are by far one of the richest sources of nucleotides. They are also a good source of omega-3 oils, vitamin D, and calcium. By now, everyone is aware of the benefits to the heart and circulatory system associated with omega-3 oil consumption. (Chlorella reportedly contains more RNA than sardines. But when it comes to nucleotide variety, fatty acids, and other essential and synergistic components, sardines are hard to beat. They are also a readily available, healthy "meal in a can.")

Sardines are smaller ocean fish, so the problem with mercury and other contaminants isn't an issue. This has been a problem in larger fish, which live longer, allowing more time to accumulate these toxins.

Sardines don't enjoy the popularity of other canned fish such as tuna, so they are reasonably priced. It's still not unusual to find two tins for less than \$1 in some places. (I hope this little anti-aging secret doesn't become too popular and drive sardine prices through the roof. Hopefully, the Atkins crowd won't suddenly notice they're a no-carbohydrate food.)

Even if you don't want to slow the aging process or improve the smoothness and elasticity of your skin, sardines' compact size and high nutritional value make them a great backpacking or survival food. (Speaking of backpacking or survival, the lid can be a very effective makeshift cutting tool. The empty tin can be used as a cup, a plate, or even as a

A Good Source of Omega-3s, Too

There's a big difference in the omega-3 content of different varieties of fish. Fish caught in the wild, as opposed to those that are farmed, seem to have higher levels of the fatty acid.

Having said that, here's a list of three groups of fish, with their percentages of omega-3 oil content. In the first group, a four-ounce serving two or three times a week will supply a beneficial dose of omega-3 fatty acids. It will take two or three 8–12 ounce servings a week of those in the second group. And the omega-3 levels of those that fall into the third group are almost too small to count. (Remember, too, that along with more fish in the diet, I still recommend two or three tablespoons of freshly ground flaxseed each day.)

Fortunately, some of the most beneficial fish are also the least expensive: sardines and mackerel.

- **Group I:** Mackerel (1.8%), lake trout (1.6%), herring (1.5%), sardines (1.4%), albacore tuna (1.3%), salmon (1.1%).
- **Group II:** Halibut (0.6%), river trout (0.5%), catfish (0.4%).
- **Group III:** Cod (0.3%), snapper (0.2%), tuna packed in water (0.2%).

surface for cooking a quick scrambled egg.) Sardines are also a healthy substitute for hospital or cafeteria food. And, with a few crackers, they're the perfect food to travel with on airplanes.

If you look at the list of high-nucleotide foods, you'll notice that every one has been praised by health pioneers. Brewer's yeast, or nutritional yeast, is a fantastic product.

I like KAL brand yeast flakes and also the Nutritional Yeast Flakes put out by Frontier Natural Products Co-op. KAL is available in health food stores. You can contact Frontier at 800-669-3275; www.frontiernaturalbrands.com. When mixed in a small cup of hot water with a bit of seasoning, nutritional yeast makes a delicious "soup" full of B vitamins and minerals. The other foods mentioned above—lentils, beans, liver, and oysters—have been praised for their vitamin and mineral content, as well as other "intrinsic" factors. Sardines just happen to be at the top of the list.

YOUR TWO-TIN HEALTH PLAN

Rarely do I have a chance to get fresh sardines, so my consumption is mainly limited to the canned variety. Canned sardines happen to have almost 1½ times the nucleotides as the fresh variety anyway. I would strongly suggest regularly adding sardines to your diet—one tin at least twice a week. I've even included some recipes at the end of this report to help make it easy for you to do so (see pages 6–8).

I've eaten delicious sardines in Thailand, France, Australia, and practically all over the world. Surprisingly, the least-expensive brands are often the tastiest. You can purchase sardines in vegetable oil, olive oil, mustard sauce, tomato sauce, or hot sauce, or even smoked. I like the mustard and hot-sauce varieties best, but they're all good to me. Experiment and find your own favorite—just make sure you purchase "true" sardines. About 40 years ago a law passed allowing manufacturers to market

any small, soft-boned fish as a “sardine” in America. True sardines come from Moroccan, Portuguese, or Mediterranean waters.

One of the best sources of true sardines is Blue Galleon because they work with a state-of-the-art fishing and processing plant located in the Algarve region on the southern coast of Portugal that cooks and packs the sardines right after they are caught. They manufacture their true sardines under the BELA-Olhão brand. You can find Blue Galleon sardines in health food stores or order them from Manna Harvest at www.mannaharvest.net; 866-436-1390, or from Mountain Home Nutritionals at 888-887-8262. (When ordering from Mountain Home mention code 69724F.) The sardines come in the following varieties: hot sauce, lemon, and olive oil. Blue Galleon developed these flavors by combining the sardines with delicate, fresh ingredients. I’ve tried all three, and they’re all delicious. *Note:* I tend to avoid the gourmet, skinless, boneless sardines because they are less nutritious and less flavorful. However, if this is the way you prefer to

How You Can Enjoy Sardines

- In a healthy salad
- With pasta
- As a main dish
- As part of a pâté
- With bread or crackers

eat your sardines, you can order skinless and boneless varieties from Manna Harvest.

* * *

If you envy those who seem to miraculously turn their health around, begin to look half their age, and then live in excellent health to 100 or older, I strongly suggest you make canned sardines a regular part of your diet. For about 1/10 the cost of most fast-food meals you can substitute a tasty tin of sardines a couple of times a week. It is one of the least expensive and easiest ways I know of to help ensure you achieve optimal health and well-being.

Dr. David Williams

Dr. Williams works closely with Mountain Home Nutritionals, a division of Doctors’ Preferred, LLC and subsidiary of Healthy Directions, LLC, developing his unique formulations that supply many of the hard-to-find nutrients he recommends. Dr. Williams is compensated by Doctors’ Preferred, LLC on the sales of these nutritional supplements and health products, which allows him to continue devoting his life to worldwide research and the development of innovative, effective health solutions.



Sardine Recipes

I gathered these recipes for you and have included the relevant sources for each, in case you would like to find some more ideas. Try these recipes and include sardines in your daily diet—for lunch, dinner, and snack time.

LUNCH

Country Style Sardines

- 2 cans sardines
- 2 Tbsp. chopped parsley
- 3 cups mashed potatoes
- 2 thinly sliced tomatoes
- 1 cup shredded cheese

Drain sardines. Add parsley to potatoes and mix well. Spread potatoes in the bottom of a well-greased baking dish (8 x 8 x 2). Arrange sardines over potatoes. Cover with tomato slices. Sprinkle with salt and pepper. Top with cheese. Bake in a moderate oven (350° F) for about 25 to 30 minutes or until entirely heated and the cheese is melted.

Source: *Food Down Under* (www.fooddownunder.com)

Sardine Canapés

- 3 cans sardines
- ½ cup butter or a butter alternative
- 2 Tbsp. mustard
- 10 slices bread
- Pimiento strips

Drain sardines and then split them in half lengthwise. Combine the butter or butter alternative and mustard. Spread bread with mustard-butter. Remove crusts. Cut each slice of bread into thirds. Place a sardine half on each piece of bread.

Source: *Food Down Under* (www.fooddownunder.com)

Mediterranean Summer Salad

- 1 can drained, seeded tomatoes
- 1 can whole sardines
- 1 can artichoke hearts
- 1 can hearts of palm
- Italian dressing to taste
- 1 box croutons

In a medium-sized bowl, mix the tomatoes, sardines, artichoke hearts, and the hearts of palm together. Add Italian dressing to taste and top with croutons.

Source: *Food Down Under* (www.fooddownunder.com)

Sardine Pancakes

- ¼ cup milk
- ⅛ cup plain flour
- 1 medium-sized egg, beaten
- 1 clove garlic, crushed
- 3 Tbsp. freshly chopped parsley
- 2 Tbsp. olive oil
- 1 onion, finely chopped
- 1 green pepper, finely diced
- 3 chopped tomatoes
- 2 cans drained and chopped sardines
- Grated cheddar cheese
- Salt and freshly ground black pepper

Preheat the oven to 400° F. Whisk together the milk, flour, egg, and seasoning to form a smooth batter. Heat a little olive oil in a frying pan and pour in sufficient batter to coat the base of the pan when gently tipped. Cook for 1 minute or until the underside is golden, then turn over and cook the other side. Repeat this process to make 6–8 pancakes. Heat the remaining oil in the pan and fry the onion, garlic, and pepper for 4–5 minutes. Stir in the sardines, most of the parsley, and seasoning to taste. Divide the mixture between the pancakes. Roll up each pancake and arrange in a single layer in a lightly buttered ovenproof dish. Place the tomatoes over the pancakes and sprinkle with cheese.

Bake in the oven for 15–20 minutes. Serve immediately sprinkled with the remaining parsley.

Source: *Food Down Under* (www.fooddownunder.com)

Sardine Spread and Cucumber Sandwich

- 2 pieces rye or whole-wheat bread
- Mayonnaise or plain nonfat yogurt for the bread
- 3–4 Tbsp. sardine spread (below)
- Several slices cucumber or pickle

Spread mayonnaise or yogurt on the bread. Top 1 slice with the sardine spread and layer the cucumber or pickle slices over the spread. Top with the other piece of bread. Cut the sandwich in half without pressing down too hard.

Sardine Spread

1 can sardines
1 Tbsp. lemon juice
1 Tbsp. mayonnaise
1 tsp. Dijon mustard
1 Tbsp. yogurt
1 minced small garlic clove
1 Tbsp. chopped fresh herbs
Salt and freshly ground pepper to taste

Finely chop the sardines in a bowl. Add the lemon juice, mayonnaise, mustard, and yogurt and process until smooth. Stir in the herbs and optional onion, and season to taste with salt and pepper. Use as a sandwich spread or a topping for bruschetta.

Seven Seas Sprout Salad

2 cups bean sprouts
1 small green pepper, chopped
1 small tomato, seeded and chopped
¼ cup chopped green onions
½ cup vegetable oil
½ cup white wine vinegar
2 Tbsp. soy sauce
1 Tbsp. hot prepared mustard
2 cans sardines, drained and cut into bite-sized pieces
Leaf lettuce

Combine the bean sprouts, green pepper, tomato, and green onions in a shallow glass pan. Combine oil, vinegar, soy sauce, and mustard in a glass jar; cover and shake well. Pour over vegetables. Cover. Refrigerate 1 hour. Drain marinade. Add sardines and serve immediately.

Source: Beach Cliff (www.beachcliff.com)

DINNER

Sardine Pasta with Pesto

¼ cup pine nuts
1 large or 2 small garlic cloves
2 cans sardines
¾ lb. spaghetti or linguine
2 Tbsp. freshly grated Parmesan cheese
3 Tbsp. olive oil
½ cup raisins
2 Tbsp. chopped parsley

In a food processor or a blender grind the pine nuts and garlic into a smooth paste. Add sardines including the packing oils. Also add grated Parmesan cheese and olive oil and pro-

cess until smooth. It should have a thick, creamy consistency. Stir in the raisins and parsley. Serve over hot linguine or spaghetti, cooked "al dente." Provide extra Parmesan cheese to be sprinkled on each serving. A green salad with black olives and onion rings is a great go-along. Serve with hot and crunchy garlic or regular Italian bread.

Source: Beach Cliff (www.beachcliff.com)

Sardine and Apple Salad

2 cans sardines
1 cup red apple, unpeeled and diced
1 Tbsp. lemon juice
½ cup celery, chopped
⅓ cup sour cream

Drain sardines and cut into bite-sized chunks. Sprinkle apple cubes with lemon juice. Toss with celery, sour cream, and sardines until well coated. Serve with pumpernickel toasts. Yield: 8 servings.

Source: About, Inc. (www.homecooking.about.com)

Sardines in Pita Pockets

½ cup coarsely chopped cucumber
4 Tbsp. sliced green onions
1 clove garlic, pressed
Dash cayenne (optional)
⅓ cup unflavored nonfat yogurt
2 whole wheat pita breads
1 small tomato, thinly sliced
Lettuce leaves
1 can sardines, drained

Prepare dressing: In a small bowl, combine cucumber, onions, garlic, and cayenne. Mix in yogurt. Halve the pita breads; carefully open pockets. Fill with tomato slices, lettuce, and sardines. Spoon dressing into pockets.

Source: Beach Cliff (www.beachcliff.com)

Sardine Delight

5 large potatoes
4 medium onions
4 cans sardines
½ tsp. salt
¼ tsp. pepper
2 Tbsp. butter
½ cup light cream or evaporated milk

Preheat oven to 375° F. Butter a 9 x 9 glass, ceramic, or enamel baking pan. Scrub the potatoes, and then cut into long, thin quarter-inch slices. Cut the onions in half, then in long slices. Open the

sardine cans, gently place contents in a sieve, flush briefly with cool water and drain. Assemble the casserole layers in this order: potato, onion, sardines.

Aim for three layers. Top with small pieces of butter, then sprinkle with salt and pepper. Bake for 15 minutes, then remove and pour the cream over all. Return to oven for 20 to 30 minutes, until potatoes test done.

Source: *Beach Cliff* (www.beachcliff.com)

Sardine Pasta

6 Tbsp. olive oil
1 onion, chopped
2 cloves garlic, minced
1 each red and yellow bell pepper, seeded and sliced into strips
4 cups your choice of blanched and cooled vegetable pieces
1 cup halved cherry tomato
½ cup fresh lemon juice
2 Tbsp. chopped fresh thyme or 2 tsp. dried thyme
8 oz. dry fettuccine
2 cans sardines, drained

In a large skillet, heat oil over medium heat. Add onion and garlic and sauté until done, stirring occasionally. Add bell peppers and cook for 1 minute. Mix in blanched vegetables, cherry tomatoes, lemon juice, thyme, and pasta; cook and toss just until heated through. Transfer to serving platter; top with sardines and sprinkle with cheese.

Source: *Beach Cliff* (www.beachcliff.com)

SNACK

Norwegian Sardine Pâté

8 oz. cream cheese
½ tsp. salt
1½ Tbsp. lemon or lime juice
¼ tsp. freshly ground black pepper
2 cans 3¼ oz. boneless skinless sardines, drained
1 Tbsp. chopped parsley
⅛ tsp. hot pepper sauce
Capers
Additional chopped parsley

Cream together first four ingredients. Mash sardines and beat into cheese mixture with parsley and hot sauce. Form into mound or desired shape. Garnish with capers and parsley.

Source: *Recipe Source* (www.recipesource.com)

Wild Mushroom Salad with Sardines on Toast

2 cups wild mushrooms
2 Tbsp. olive oil
2 sliced shallots
½ chopped clove garlic
1 chopped tomato
1 Tbsp. chopped parsley
2 slices whole-wheat bread
4 cans sardines

Heat the oil and cook the mushrooms. Season, add the shallots, then add the garlic, and finally the tomato and parsley. Set aside. Grill bread and heap on the mushroom mix. Season and fry the sardine fillets and place on top.

Source: *Food Down Under* (www.fooddownunder.com)

EASY RECIPES FOR ANYTIME & ALL THE TIME

Source: *Blue Galleon* (www.bluegalleon.com)

Pasta Sardine Salad

Chill penne or rotini pasta. Add sardines and vegetables. If desired, top with grated cheese or Parmesan cheese. Enjoy!

Stuffed Potato

Bake a potato and scoop out the insides while it is still warm. Mix together the inside of the potato, one can of sardines, and chopped onions, parsley, and cheese. Scoop mixture back into potato shell and bake potato for about 15 minutes. Enjoy!

Lemon Sardines

In a medium bowl, combine sardines in olive oil, fresh squeezed lemon juice, and salt and pepper to taste. Chill before serving. Enjoy!

Teriyaki Sardines

Season 3 cans of sardines in olive oil with a teriyaki-ginger marinade. Lay them flat on a cookie sheet and sprinkle sesame seeds. Broil until seeds are toasted light brown. Serve with whole-grain rice. Enjoy!

Alternatives

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

Mountain Home Publishing

Special Report



Dr. David G. Williams

HOW TO BANISH VARICOSE VEINS NATURALLY

Varicose veins come in all shapes and sizes, as you probably know if you've reached middle age. The small ones near the surface are more of a cosmetic problem than anything else. Larger and deeper varicosities, however, can lead to the pooling of blood in the legs, which in turn causes fluid accumulation, swelling, muscle cramps, and possibly even blood clots and blockages. Vein varicosities are four times more common in women than in men, perhaps due to the fact that women's veins are often subject to greater pressure, which increases the risk of varicosities.

When the heart pumps blood into the arteries, the strong muscular walls of the

arteries expand and contract to further push the blood into the ex-tremities. On the return trip to the heart, the more fragile veins don't benefit from the heart's pumping action. Instead, they have to rely on muscle contraction and one-way valves to move the blood.

With age, these valves and the veins themselves become weaker. Muscle mass and tone often decrease. Pregnancy and/or obesity and extra fat tissue, especially in the hips and waist regions, put additional pressure on the veins. All of these factors impede the return of blood to the heart and increase the risk of developing varicose veins.

Deep-rooted vein problems pose a serious health risk and often require surgery or other drastic measures. For the more superficial varicosities that result in leg swelling and pain and the "spider vein" look, standard medical treatment is compression stockings. I recently investigated an equally effective and more convenient therapy which utilizes an extract of horse chestnut seed.

The seed of the horse chestnut (*Aesculus hippocastanum*) contains several compounds, one of which is called escin. Escin has been found to close the small pores in the walls of veins, making them less permeable. This strengthens the vein walls and reduces the leakage of fluid into the surrounding tissues. Simply, escin helps stop

vein swelling and pain and reduces the appearance of spider veins.

In Germany, doctors tested the efficacy of horse chestnut seed extract on 240 patients with chronic vein problems in their legs. Half of the group was treated with compression stockings, and the other half was simply given the extract contain-ing 50 milligrams of escin twice daily. At the end of 12 weeks, swelling was measured in the ankle and calves, and the horse chestnut seed extract and the compression stockings produced nearly identical reductions in swelling. (*Lancet* 96;347:292-4.)

Horse chestnut seed extracts have been available in Germany for years (as Reparil by

Madaus), but only recently have they become available in the US. A new product that should get publicity is called Venastat. It is being marketed by a company called Pharmaton Natural Health Products of Ridgefield, Connecticut, which, not surprisingly, is a division of a pharmaceutical company in Germany.

Venastat should be available in most supermarkets and mass merchandising stores like Wal-Mart and Kmart. If you can't find it at these locations, call 888-453-4432 for additional sources. The recommended dosage is one capsule, twice daily, the same as in the above study. This is a simple, inexpensive solution to a very common problem.

Dr. David Williams

Alternatives[®]

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

Mountain Home Publishing

Special Report



Dr. David G. Williams

Topics in This Report

How Your Body Uses Sugar ...	1
When Insulin and Blood Sugar Levels Aren't Balanced.....	2
Conventional Approaches to Treating Diabetes.....	2
Using Diet and Exercise to Help Control Blood Sugar.....	3
Satisfy Your Sugar Cravings With Natural Sweeteners	3
Control Blood Sugar Naturally	4
A Tasty Remedy for Diabetes	4
Don't Substitute Gymnema for Your Current Diabetes Treatment Program.....	5
You Can Use the Same Source Used in Most <i>Gymnema sylvestre</i> Studies.....	5
Nip Diabetes in the Bud With These Dirt-Cheap Remedies ..	5
A Potential Cure for Diabetic Lesions	7
Recommendations.....	7
Important Note on Self-Treatment	8

The World's First Diabetes Cure

When you consider that the average American intake of *added* (non-naturally occurring) sugar is 20.5 teaspoons per day, it's obvious that Americans have a serious "sweet tooth." That rate of sugar consumption adds up to 68.5 pounds per person, per year, and is suspected to be even higher. (*USDA CSFII Survey*) If sugar is such a serious health concern, as so many of us have been saying for so long, a rate of consumption like that is nothing short of slow suicide.

For decades, "health nuts," including yours truly, have been warning about the dangers of increased sugars and/or refined carbohydrates in the diet. Let me tell you, it has been a real uphill battle trying to convince the public that consuming too much sugar could eventually lead to diabetes—especially when conventional medicine asserted that sugar is totally harmless. Even today, as diabetes reaches epidemic proportions in this country, most doctors continue to preach that dietary sugar has no connection to behavior problems, mood swings, depression, or the increased incidence of adult onset diabetes.

Our FDA says the only problem sugar causes is dental cavities. And with the support of the American Dietetic Association, the Sugar Association has stuck to the position that at only 15 calories per teaspoon, sugar is a healthy,

low-calorie sweetener that is no different than any other carbohydrate. Nothing could be further from the truth. In fact, decades of research supports the fact that a "sweet tooth" will invariably lead to a lifetime of poor health and a premature death.

In fact, people who consume the highest amounts of sugar also tend to take in the lowest amounts of many important nutrients. Vitamins A, C, B12, and folate, as well as calcium, phosphorus, magnesium, zinc, and iron, are typically lacking in the diets of those who eat lots of sugar. These deficiencies arise from the fact that high-sugar diets tend to be higher in calories, but lower in important fruits, vegetables, and meats when compared to healthy diets. (*Agricultural Research, June 2000, 17*)

HOW YOUR BODY USES SUGAR

The carbohydrates we eat are converted by the body into a simple sugar called glucose. This glucose, or "blood sugar," enters the bloodstream to be transported throughout the body. Blood sugar is the primary energy source used by the brain, nervous system, and muscles. To be utilized, blood sugar must get from the bloodstream into the nerve and muscle cells. This is where insulin comes into the picture. As I'm sure many of you recall from high school

biology, insulin is the pancreatic hormone that opens up cell walls so blood sugar can enter. It is the key to the whole energy process.

Insulin is secreted in two phases. A surge of insulin is initially released immediately following a meal, or when sugar or sweetness is detected in the mouth and/or digestive system. A second round of insulin is released shortly after a meal and continues to be released gradually for several hours.

For insulin to work properly, it must be present in sufficient quantities, and the cells in your body must be “sensitive” to its effects. When cells don’t react to the effects of insulin by allowing sugar to enter through their walls, a condition called *insulin resistance* exists.

WHEN INSULIN AND BLOOD SUGAR LEVELS AREN’T BALANCED

Insulin resistance isn’t fully understood. However, we do know that insulin resistance is often directly related to obesity. This is especially true when a person has a fat buildup in the waist or abdominal area.

Excess abdominal fat and fat accumulated around the liver can increase the amount of circulating free fatty acids in the blood. As these fatty acids break down, they can cause toxicity. In turn, increased toxicity has been shown to inhibit the production of insulin and also make muscle cells less sensitive to insulin that is available. Muscle tissue is crucial in helping to balance blood sugar levels. Under normal circumstances, over 80 percent of blood sugar released immediately following a meal is taken up by muscle cells.

Studies have shown that obese, non-diabetic individuals can often overcome insulin resistance simply by losing weight, without any changes in blood sugar levels. This is true because, with less fat, existing insulin levels become more effective at lowering blood sugar levels.

As you can see, insulin plays a key role in balancing blood sugar. Unfortunately, an increasing percentage of the American population cannot properly regulate insulin, and when their insulin

and blood sugar levels get seriously out of whack, their condition is referred to as diabetes.

There are two types of diabetes. Type I diabetes, often referred to as Juvenile Diabetes since it occurs early in life, involves the complete failure of the body to produce insulin. Type I diabetes is also referred to as insulin-dependent diabetes because insulin injections are required to provide adequate levels of this hormone. It accounts for only about 5 to 10 percent of all diabetes. I suspect that the term “juvenile” in reference to this disease will shortly be changed since younger children are now developing type II diabetes.

Type II has historically been referred to as adult-onset diabetes or non-insulin dependent diabetes. It is the most common form of diabetes, affecting 90 to 95 percent of all diabetics. It develops over a longer period of time and is generally diagnosed in adulthood, hence the name.

Type II begins with the type of insulin resistance where it takes higher and higher amounts of insulin for cells to open up and let blood sugar in. This resistance generally continues undetected for years, since the pancreas is usually able to compensate by producing ever-increasing amounts of insulin. After a time, however, the quality of the insulin lessens. Eventually, the pancreatic cells start losing their ability to produce insulin. When the insulin levels drop to the point where they can’t reduce blood sugar levels to normal, the individual is diagnosed as having diabetes.

CONVENTIONAL APPROACHES TO TREATING DIABETES

Most doctors fail to tell their patients that, even if they use the best conventional therapies available, type II diabetes will only get progressively worse. If your doctor has led you to believe that taking prescription medication will either fix your diabetes or keep it from getting worse, you’ve been terribly misinformed. When you look at current treatment programs, this shouldn’t come as any surprise.

The whole idea in treating diabetes is to bring fluctuating blood sugar levels back to normal as quickly as possible. This must happen immediately

after eating and continue gradually for several hours, as food is being digested. In non-diabetic individuals, this process occurs smoothly because the body uses a feedback system to monitor and adjust insulin levels depending on the levels of blood sugar. Therein lies part of the dilemma with using supplemental insulin—and other hormones, for that matter. Supplemental hormones flood the body and essentially shut off the feedback system. In an effort to compensate for this problem two basic forms of drugs have been used to treat type II diabetes.

The older class of drugs, called sulfonylureas, are longer-lasting agents which stimulate the production of insulin from the pancreas. The newer drugs do several things, like: block the liver from producing extra glucose (or blood sugar), increase insulin sensitivity, and reduce absorption of glucose in the intestinal tract.

Unfortunately, without a feedback system in place to determine the exact dosage needed for each meal, using either of these drug types is a shotgun approach at best. When too little insulin is released, blood sugar levels rise, causing the formation of triglycerides and fat storage. When there's too much insulin, blood sugar levels begin to fall (hypoglycemia), triggering a feeling of hunger and the constant need to eat, which also causes weight gain and fat storage.

So, regardless of which conventional therapy is used, keep this in mind: diabetes is a disease in which you have to address some underlying factors.

USING DIET AND EXERCISE TO HELP CONTROL BLOOD SUGAR

The most important factor in controlling blood sugar levels is to get your weight down. In almost every case of type II diabetes, the body can control blood sugar fluctuations naturally when the obesity problem is eliminated. Obviously, this will require changes in your diet as well as your exercise habits.

The best way to prevent a disease is to eat as if you have the disease. The diet for a diabetic is essentially a diet for anyone concerned about their

long-term health and survival. Several points to remember include:

1. Split the food you eat into several *smaller* meals throughout the day. If you normally eat a sandwich at noon, split it and eat half at your normal lunchtime and the other half mid-afternoon. You should also eat something mid-morning. Other "snacks" might be a cup of vegetable soup, a handful of nuts, half a cup of cottage cheese, raw vegetable slices, or half an avocado.
2. Don't skip meals, especially breakfast. Skipping meals signals your body that you are going into a starvation mode. Your body will automatically reduce your metabolic rate.

Satisfy Your Sugar Cravings With Natural Sweeteners

If you want to eliminate sugar and other artificial sweeteners from your diet, but you can't seem to cure your "sweet tooth," here are two sugar alternatives you can use.

The first is called stevia. Unlike sugar, stevia doesn't trigger glycation or spikes in blood sugar. In fact, it's now used in South America to help stabilize blood sugar in diabetics. And unlike artificial sweeteners, stevia has no aftertaste, side effects, or connection to cancer. Stevia is available in both powder and liquid extract forms. Most people find the liquid extract tastes more like sugar and is easier to use. If you have trouble finding stevia in health food stores, try these sources: Body Ecology (800-478-3842) or The Heritage Store (800-862-2923).

Xylitol is another great sugar alternative, especially for diabetics and those with hypoglycemia. It's as sweet as sugar and it breaks down slowly, so it doesn't cause a spike in insulin levels. It also has 40 percent fewer calories than sugar (sugar has 4 calories per gram, xylitol has 2.4). Xylitol can be substituted for sugar in cooking and for other sweetening. Xylitol can be purchased as bulk crystalline powder. Though initially more expensive than sugar, it's an absolute bargain in terms of your health. XylitolNow is a good supplier (619-445-2689 or www.xylitolnow.com).

3. Avoid artificial sweeteners. The sweet taste in your mouth triggers the release of insulin, even though there might not be any sugar present. Candies and gum trigger the same reaction.
4. Avoid soft drinks and all fruit juices, regardless of whether they have been sweetened naturally or with sugar.

The next step is to start exercising. Exercise provides you with four important benefits: it increases lean body tissue; burns fat; increases sensitivity to insulin, enabling the pancreas to produce less; and raises your metabolic rate.

Whatever exercise you choose, it needs to be done for at least 30 minutes, three times weekly. Brisk walking, jogging, swimming, and bicycling are all good programs. I also recommend you add weightlifting to your exercise program. I'm not implying you need to strive for the Arnold Schwarzenegger look, but even a very limited amount of weight training has been shown to increase muscle mass, which routinely begins to decline between the ages of 40 and 50.

When you consider muscle tissue is responsible for 80 percent of blood sugar uptake following a meal, it's easy to understand why every little bit of extra muscle helps. Another important benefit of muscle tissue is that, unlike fat tissue, it constantly uses energy. The more muscle tissue you have, the higher your metabolic rate will be because, while you burn a certain amount of calories during exercise, your muscle tissue will continue to burn calories hours after you exercise.

CONTROL BLOOD SUGAR NATURALLY

For hundreds of years, practitioners of Ayurvedic medicine in India have recommended using the leaves of the plant *Gymnema sylvestre* to treat adult-onset diabetes. **New research indicates that extracts of this tropical plant decreased fasting blood sugar levels, normalized blood lipids (cholesterol and triglycerides), lowered insulin requirements and enhanced production of insulin by pancreatic cells.**

It appears that many of these feats resulted from the repair and/or regeneration of the actual insulin-

A Tasty Remedy for Diabetes

Nutritionist Richard Anderson, well known for his extensive work with chromium, has found that cinnamon might prevent or delay type II, or adult-onset, diabetes.

For years, I have recommended the use of this spice to help stabilize blood sugar levels. It is one of the essential ingredients in my protein shake each morning. Dr. Anderson, with the U.S. Agricultural Research Service, has found that cinnamon can improve glucose metabolism in fat cells by twentyfold. The researchers isolated the substance responsible for the amazing feat—a polyphenol called methylhydroxy chalcone polymer (MHCP). While I'm certain that further studies will concentrate specifically on MHCP and how the extract can be made into a drug, there's no reason you can't use cinnamon now to get the same effects.

Cinnamon is my kind of medicine. It's cheap, readily available, and tastes great. To achieve effects similar to those obtained in the above unpublished study, you need to take between ¼ to 1 full teaspoon of powdered cinnamon a day. I have been taking about ¾ teaspoon a day and will now start taking a teaspoon. As I said, I mix it with my protein shake each morning, but it could also be added to juice or coffee, or sprinkled over fruit, cereal, or oatmeal.

producing cells of the pancreas. (*J Ethnopharm* 90;30:265–279, 281–305)

Two of the studies involved human subjects and the results were positive not only for type II diabetes, but for type I diabetes as well! The gymnema extract was administered orally in dosages of 400 mg per day.

Since the first study was performed on rats, researchers were able to do autopsies. Their findings were remarkable. In the diabetic rats pancreas weight increased almost 30 percent! The number of islets and beta cells (the structures responsible for producing and delivering insulin) more than doubled! To add more icing to the cake, gymnema, unlike conventional medica-

tions, didn't alter hormone release in those rats with normal blood sugar.

Previous studies have shown that researchers could increase the survival time of diabetic animals simply by feeding them the leaves of the *Gymnema sylvestre* plant! Ingesting the leaves also decreases the craving for and consumption of sweets for several hours afterwards. (*Int J Crude Drug Res* 86;24(Dec):171-176)

DON'T SUBSTITUTE GYMNEMA FOR YOUR CURRENT DIABETES TREATMENT PROGRAM

Please keep in mind that diabetes is a very serious disease. Self-treatment is not recommended. In the above studies, gymnema extract was used in conjunction with conventional medications, diet modifications, exercise, and other techniques. While gymnema has been used safely for hundreds of years and has the remarkable ability to actually repair and rejuvenate pancreatic cells, nobody should abandon their current treatment regimen on their own.

In the studies, several patients were able to discontinue their conventional medications and maintain normal blood sugar levels with gymnema, but only under medical supervision and careful monitoring. **If you choose to try this herb, it's important that you share your decision with your doctor.** He or she doesn't have to agree with you (and likely won't), but communication is absolutely essential in all aspects of medical treatment.

In just the last couple of years, researchers in Japan and India have shown that in addition to its diabetic applications, *Gymnema sylvestre* may also be an effective treatment for rheumatoid arthritis and gout. (*J Vet Med Sci* 97;59(9):753-7) I'm still trying to get more details concerning these applications, and will let you know what I find.

YOU CAN USE THE SAME SOURCE USED IN MOST GYMNEMA SYLVESTRE STUDIES

It's very difficult to find the actual gymnema plant in this country, but fortunately the extract is readily available. The purest and most reliable brand comes from a company called Natrol, which combines

gymnema with another herb called pullulan that enhances gymnema's effectiveness. For a store in your area that sells it, call Natrol at 800-262-8765.

NIP DIABETES IN THE BUD WITH THESE DIRT-CHEAP REMEDIES

I have long believed that niacin (vitamin B3) is one of the safest, most versatile, and least expensive nutrients available. I've written about its uses for everything from arthritis to insomnia to memory loss, and the list keeps growing. Thankfully, it's now beginning to get wider recognition. Niacin's stepbrother, **niacinamide**, however, can perform miracles that are still being overlooked.

The proper use of niacinamide could reduce medical expenses in this country by billions of dollars. Even more important, it could prevent the disability and premature deaths of millions of people. **A significant amount of research has shown that niacinamide may help prevent, slow the progression of, and at times even reverse, diabetes.**

Unfortunately, diabetes *prevention* seems to have taken a back seat to diabetes *treatment*. As with most diseases, there's far more money to be made in treating the condition than eliminating it through prevention. The bulk of any research money is directed toward finding patentable drug and surgical treatments. Sadly, two very inexpensive and effective methods of preventing and reversing the disease are being overlooked.

ARE WE UNKNOWINGLY GIVING OUR KIDS DIABETES?

Volumes could be written on the benefits of breast-feeding babies. But that is old news. Mothers know about it; educators know about it; doctors know about it; pharmaceutical companies know about it; everybody knows about it. Yet some doctors and hospitals still encourage the use of cow's milk formula. And the incidence of type I diabetes continues to rise.

Research has shown that two or more proteins in cow's milk can trigger the destruction of the insulin-producing cells of the pancreas (the beta

cells). (Cheese wasn't shown to have these proteins, nor was it damaging to the pancreas.)

Researchers have also discovered that patients who develop type I diabetes have generally been breast-fed for less than three months and were given either cow's milk or solid foods within four months of birth. Additionally, groups of children who didn't receive cow's milk during the first three months of life developed 40 percent fewer cases of diabetes than those who had cow's milk. (*Diabetes Care* 94;17:13-9)

During the first few months of life, a child's immune system is still developing. Exposure to these milk proteins appears to trigger an autoimmune reaction within the pancreas. In simpler terms, the immune system develops antibodies to destroy the insulin-producing cells of the pancreas, just as they would destroy some foreign object that invades the body. Researchers say these pancreas-destroying antibodies exist in 75 percent of those people who develop type I diabetes. The antibodies are practically nonexistent in those without the disease.

Burning the Barn to Get Rid of the Rats

Based on the above findings, you would think there would be an all-out ban on giving cow's milk to infants. There isn't. In fact, I seriously doubt the general public even realizes the problem exists. And the approach taken by most physicians in this country is even more absurd. With the discovery that early diabetes is a result of the body's immune system attacking the pancreas, the current form of treatment is to use corticosteroid drugs to suppress the immune system!

Prednisone has become the drug of choice. Short-term results for prednisone appear to be mixed. Obviously, suppressing the immune system is going to have some unwanted side effects. Changes in appetite and weight, fluid gains, infections, and hormone imbalances are just a few of the short-term effects. Long-term use can cause high blood pressure, ulcers, bone loss, weakened adrenal glands, a compromised immune system, and even diabetes itself.

A REMEDY WITH NO RESPECT

If niacinamide were a drug, this whole idea of using prednisone to weaken the immune system would be considered nonsense. **As early as 1950 researchers had discovered that niacinamide could provide protection against the development of diabetes.** (*J Lab Clin Med* 50; 36:249-58) Although hardly anyone in this country showed an interest in such research, more and more researchers around the world continued to study the effect of niacinamide. Since I first reported on this, additional research has come from New Zealand, Israel, Canada, Italy, Germany, and other parts of Europe.

Researchers have now shown that niacinamide acts as a protective antioxidant. It also inhibits components of the immune system which target the pancreas. (*Diabetes* 94;43:770-7) Additionally, niacinamide stimulates the pancreas to secrete more insulin and increases insulin sensitivity within cells. (*Diabetologia* 93;36:675-7)

When niacinamide is given shortly after the onset of diabetes, it often halts the progression of the disease and, in some cases, actually restores pancreatic function to the point that insulin is no longer required. (*Diabetologia* 89;32(3):160-2) (*Lancet* 87;1(8533):619-20)

Niacinamide may also be effective in preventing the development of diabetes in high-risk children. In one study, a group of high-risk children was divided into two groups. Fourteen were given niacinamide and eight were not. All eight of the untreated children eventually developed diabetes, compared to only one of the 14 treated children. (*Diabetologia* 91;34(5):362-5)

One of the main reasons you probably haven't heard much, if anything, about this research is that niacinamide works better than any of the drugs currently being used. Hoping to profit from niacinamide's successes, pharmaceutical companies conducted tests to see if using drugs and niacinamide together worked better than using niacinamide alone. It didn't. Niacinamide alone produced the best results of all. Without a pharmaceutical tie-in, appar-

A Potential Cure for Diabetic Lesions

Amputation is too often the only option left to many diabetics suffering from diabetic lesions. I think it's extremely worthwhile for you to know about as many safe and successful alternatives as possible—particularly those that you can do on your own in the comfort of your home. Dr. J. B. Dawson, a U.S. physician, recently shared with me an inexpensive yet effective form of treatment for diabetic lesions that he's been using for over 20 years.

With leg ulcers, one of the main problems that impedes healing is a lack of adequate circulation to the area. A simple massaging technique can restore blood flow to an ulcer and speed the healing process.

Skin ulcerations develop in a circular pattern that resembles a three-layered bull's eye. At the center of the circle is a red, inflamed area where tissue destruction has taken place—this is the target of the bull's eye. Just around the outside border of that red center, there is usually pus, surrounded by a rim of swollen tissue, which forms the outer boundary.

To promote healing in the ulcer, Dr. Dawson gently and carefully massages the red center of the ulceration in a circular manner once a day. To block the pain of the massage, he uses a mixture of two percent lidocaine and an antibacterial ointment, found in any drugstore.

This gentle method of massage increases circulation to the infected area. After a few days, Dr. Dawson begins to massage the area more firmly and gradually expands the massage to include the outer rim of the circle.

Healing in Only a Couple of Weeks

Within a few days, the pain caused by massaging the ulceration will start to subside and you will no lon-

ger need to use the lidocaine and ointment. When the infection begins to clear, Dr. Dawson substitutes vegetable oil for the antibiotic cream. As treatment continues, the increase in circulation slowly destroys the outer rim of the ulcer. It is the destruction of this bull's eye border that appears to be the key to the healing process of diabetic lesions.

Dr. Dawson reports that using this technique, ulcers as large as three centimeters have healed completely in as short a time period as one to two weeks. Over the 20 years he has been treating ulcers this way, he has found that they heal even better if they are left exposed to the air with only a thin covering of lubrication. (*Am Family Phys* 98;57(11):2628-2629)

The main component of Dr. Dawson's technique is undoubtedly the gentle massaging action, which directly promotes blood flow to the area. The only reason he uses the lidocaine is because it helps to deaden the area in order to allow the massaging action to proceed without causing the patient too much pain.

If a two-percent lidocaine solution is not available from your druggist, an over-the-counter product such as Solarcaine (a sunburn ointment containing lidocaine) would probably work as well. You might also find some relief by icing the area before you massage it. And in terms of the antibacterial ointment that Dr. Dawson mixes with the lidocaine, while there are dozens of over-the-counter ones you can try, I would recommend honey. It provides a much broader range of antibacterial, antifungal and antiviral activity than a simple antibiotic.

ently no one felt the need to publicize the results. (*Diabetes Care* 94;17:897-900)

RECOMMENDATIONS

Breast-feed your baby, especially during the first several months, and hopefully even longer. If breast-

feeding is not possible, alternatives to cow's milk formulas should be found.

Diabetes is far more common than it should be. Undoubtedly, the trend toward more refined fast foods is contributing to the problem. Most adult forms of diabetes can be controlled

through proper diet and weight loss. As adults, we *can choose* whether the convenience of fast foods and a poor diet is worth the high price of jeopardizing our health. Children aren't as lucky. They don't have the opportunity to make those choices. By choosing the convenience of cow's milk formulas over breast-feeding, mothers may be subjecting their children to a lifelong fight with diabetes.

Review your family health history. It is one method of determining if there is an increased risk of developing diabetes. Another method is to have a blood-screening test.

If you are at risk of developing type I diabetes or if you've already been diagnosed as having the disease, I would strongly suggest the use of niacinamide.

Research has shown that niacinamide works best either before or during the initial phases of the disease (generally the first five years).

The daily therapeutic dosages have varied somewhat in the different studies (anywhere from 4 mg to 45 mg of niacinamide for every kilogram of body weight). The latest dosage recommendations, however, have been roughly 25 mg of niacinamide for every kilogram or 2.2 pounds of body weight. At this daily dosage level a person weighing 150 pounds would need in the neighborhood of 1.7 grams (1,700 milligrams).

150 lbs. divided by 2.2 pounds = 68 kg

68 kg multiplied by 25 mg = 1,700 mg

With the exception of one case of diarrhea, studies uncovered no side effects from niacinamide use. Dosages of up to 3 grams daily for six months were given with no problems.

Niacinamide therapy is very inexpensive. At a dosage of 2 grams a day (2,000 mg) the cost would be around \$6.65 a month. Good-quality niacinamide is available in every health food store. **You can also** order it from the Vitamin Shoppe at 800-223-1216 or www.vitaminshoppe.com.

Although it wasn't given in the above studies, I would recommend a B-complex supplement in addition to the niacinamide. This will ensure that no deficiencies of other B vitamins are created with these larger therapeutic doses.

IMPORTANT NOTE ON SELF-TREATMENT

It is important to monitor your blood sugar levels, regardless of whether you use conventional or natural solutions. Work with your doctor when diagnosing and treating diabetes.



Alternatives[®]

FOR THE HEALTH-CONSCIOUS INDIVIDUAL



Dr. David G. Williams

Topics in This Report

**Excess Acidity Can Be
A Real Pain in the Back** 1
*Striking a Balance:
Acidic vs. Alkaline
Foods.....* 2

**Other Ways to Eliminate
Back Pain** 3

Using Magnets to
Manage Pain..... 3

Revolutionizing Healing
With the Magnetic
Molecular Energizer
(MME)..... 4

Capsaicin Cream
Can Provide Cooling
Comfort..... 5

From My Mailbox:
Botox May Help
With More Than Just
Wrinkles..... 6

Defeat Muscle
Discomfort With
DMSO..... 7

How Sleeping May Hurt
Your Back 7

Chiropractic Care
Can Help Correct
Chronic Pain..... 8

Say Goodbye to Back Pain

If you suffer from back pain, you know how it can interfere with everyday life and prevent you from doing activities you enjoy. Fortunately, there are many safe, effective therapies available that can provide relief and, in some cases, even end your back pain. In this report, I will share some of my favorite back pain therapies with you. Let's start by taking a look at how simply changing your diet may be all you need to achieve the lasting comfort you have been searching to find.

EXCESS ACIDITY CAN BE A REAL PAIN IN THE BACK

A few years ago, research conducted in Germany suggested that many cases of chronic low back pain are a result of too much acid. The study involved 82 patients who had back pain for over three months without any spine involvement. For four weeks, they were given a lactose-based alkaline mineral supplement called "Basica." (Basica is a traditional German product. It has been on the market there since the 1920s, but is not yet available in the U.S.) At the end of four weeks, the pain rating in 76 of the 82 individuals dropped an average of 49 per-

cent. Not surprisingly, there was a corresponding increase in alkalinity of their blood and other body tissues. (*J Trace Elem Med Biol* 01;15(2-3):179-83)

pH measures the acidity or alkalinity of a substance. The pH scale runs from 0 to 14, with 0 being the most acidic, 14 being the most alkaline, and 7 being neutral. To survive, our bodies must maintain pH very close to 7.4, which is just on the alkaline side of neutral. If the pH varies too much from this number, it becomes difficult for some enzymes to function properly. Maintaining this slightly alkaline state is a constant challenge, primarily because of the acid-forming functions that take place within the body, and the overabundance of acid-producing foods we consume.

Due to society's increasing consumption of protein, colas, and other acidic foods and decreasing consumption of alkaline-producing vegetables, alkaline problems are becoming more prevalent. The patients in the study mentioned above had been diagnosed as having soft-tissue rheumatoid arthritis, fibromyalgia, and other "catch-all" diseases. Almost everyone

(Continued on page 3)

Striking a Balance: Acidic vs. Alkaline Foods

Over-acidity comes from consuming too many acid-forming foods and not consuming the alkalizing foods to counteract them. Here's a brief list of the most acid-forming and alkalizing foods.

After looking at this list, a lot of you might feel that you probably eat enough variety to balance things out. But usually that's not the case. If you can honestly say that 75 to 80 percent of every meal comes from the alkaline foods list, then you're doing okay. If that's not the case, I would suggest making some changes in your diet.

One way to speed the process up dramatically is through juicing. Making and consuming fresh vegetable juices on a daily basis will jumpstart the process of alkalizing your body. That's why so many people feel so good after they begin a juicing program. (Due to the problems associated with blood sugar, I recommend using only vegetable juices and not fruit juices. Eating whole fruit affects blood sugar less because the fiber in fruit slows the body's processing of fructose.)

Note: Just because a food is acid-forming doesn't necessarily make it unhealthy, and I'm not saying that you should avoid all acidic foods. In fact, many acidic foods are necessary for optimum health. It's just a matter of balance. Fixing your acid/alkaline balance isn't the complete answer to perfect health; it's only one piece of the puzzle. The bottom line is that we need to be eating enough alkalizing foods to help our bodies neutralize the acid-forming foods.

Acid-forming Foods:

- All meat (beef, pork, lamb, chicken) and fish
- Rice (white, brown, or basmati)
- Cornmeal, oats, rye, spelt, wheat, bran
- Popcorn
- Pastas
- Breads and most other grain products like cereals (hot or cold), crackers, pastries
- The following beans (unless sprouted, in which case they become alkaline-producing): pinto, navy, mung, lentils, black, garbanzo, red, white, adzuki, and broad
- Cheese (Parmesan and sharper cheeses are the worst)
- Sunflower and pumpkin seeds
- Wheat germ
- The following nuts: walnuts, pecans, cashews, dried coconut (fresh coconut is alkaline-producing), pistachios, macadamias, filberts, Brazil nuts, and peanuts
- Colas
- Alcoholic drinks
- Coffee and other caffeinated drinks
- Sweetened yogurt
- Most forms of sweeteners (artificial sweeteners, cane sugar, beet sugar, barley syrup, processed honey, maple syrup, molasses, fructose, lactose)
- Refined table salt
- Soy sauce
- Mustard (dried powder and processed)
- Ketchup (unless natural and homemade)
- Mayonnaise (unless natural and homemade)
- White Vinegar (apple cider and sweet brown rice vinegar are less acid-producing and preferred)
- Nutmeg
- Tobacco
- Practically all drugs

Alkalizing Foods:

- Practically all vegetables
- Practically all fruits, except blueberries, plums, prunes, and cranberries. Even citrus fruits such as lemons, which we think of as being acidic, are alkaline-producing in the body. They are rich in organic salts, like citrates, which are converted into bicarbonates.
- Beans such as string, soy, lima, green, and snap
- Peas
- Potatoes
- Arrowroot flour
- Grains such as flax, millet, quinoa, and amaranth
- Nuts like almonds, pignoli, fresh coconut, and chestnuts
- Sprouted seeds of alfalfa, radish, and chia
- Unsprouted sesame
- Fresh unsalted butter
- Milk, cream, and goat's milk
- Eggs
- Whey
- Plain yogurt
- Sweeteners like raw, unpasteurized honey, dried sugar cane juice (Sucanat), brown rice syrup
- Fruit juices
- All vegetable juices
- Most herbal teas
- Garlic
- Cayenne pepper
- Gelatin
- Most herbs
- Miso
- Most vegetable and unprocessed sea salt
- Most spices
- Vanilla extract
- Brewer's yeast
- Most unprocessed, cold-pressed oils are neutral or alkaline-forming (even margarine seems to be neutral, but I don't recommend this "liquid plastic")

(Continued from page 1)

experienced dramatic improvement in just four weeks when their bodies became less acidic.

If you're suffering chronic back pain or any type of hard-to-pin-down ache or pain, there's a good chance you are too acidic. In the absence of Basica here in the U.S., try to increase your consumption of high-alkaline foods such as most vegetables, beans, peas, nuts, sprouted alfalfa, radish and chia seeds, plain yogurt, herbal teas, garlic, and most vegetable and fruit juices. For a comprehensive list of acid-forming and alkalizing foods, see the box on page 2.

OTHER WAYS TO ELIMINATE BACK PAIN

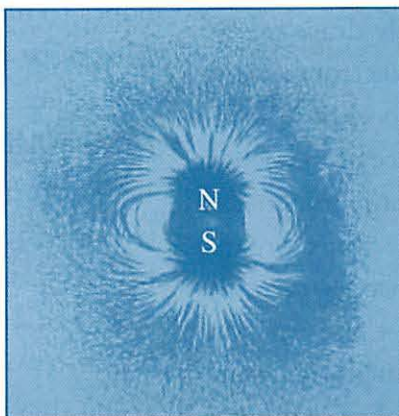
If you follow my recommendations for alkalizing your diet and still find yourself suffering from back pain, here are some other options to consider. The first is a technique that I believe may be one of the most powerful healing therapies that I have uncovered in the last 20 years—electromagnetic therapy.

USING MAGNETS TO MANAGE PAIN

About 15 years ago, Dr. Dean Bonlie of Calgary, Canada turned to magnetic therapy in an effort to rid himself of unrelenting back pain. As a result of his research, he developed a sleep pad embedded with magnets. Although there are dozens of magnetic sleep pads on the market, his is unique in several ways.

First and foremost, only the negative field's energy reaches the body. This is important since studies have suggested that using the negative field of a magnet can safely promote healing, but exposing the body to positive magnetic fields can be a different matter. Positive fields have been shown to stimulate gland and organ function and

promote re-growth of cartilage, bone, and nerves, but they can also trigger a dramatic increase in the growth of cancer cells.



You might recall early classroom experiments from school days that demonstrated the polarity of magnets. When iron filings are placed around a magnet, they form an oval shape (or magnetic field) running from one end of the magnet to the other. If you place just the negative side of the magnet against your body, you get only the negative

polarity. There will always be some exposure to the return field (in this example, positive) around the body of the magnet. This is not to say that you won't get any benefit from the stronger negative fields, but because of the influence of both negative and positive fields, the results will often be temporary.

When a magnet is placed on the body the negative field speeds up the movement of electrons, while the positive field slows them down. This imbalance triggers an emergency response from the brain, which, in turn, sends more electromagnetic energy and increased blood flow to the area. This emergency response may correct the problem as long as the brain can supply adequate amounts of electromagnetic energy and the problem is of an acute rather than chronic nature. In other words, if your body has plenty of reserve energy (chi, vitality, vigor, life-force, or what-have-you), then the problem may be resolved with magnets. Otherwise, you may get only a temporary result at best.

With many long-standing problems, the body simply doesn't have or can't produce enough electromagnetic energy. Adequate rest, proper diet, meditation, dealing with stress, etc. can help

preserve energy, but there are only two natural sources of electromagnetic energy available to the body—the Earth’s magnetic field and the brain.

The cells in the body constantly draw energy from the brain and the Earth’s electromagnetic field in an effort to achieve what is called “magnetic resonance.” Magnetic resonance occurs when the magnetic frequency in the brain matches a harmonic of the frequencies of the other organs and body tissues. This normally occurs for only brief periods during sleep. During these periods, the body’s ability to heal and repair itself, create enzymes, and boost immunity is enhanced; other vital functions related to magnetic resonance are being discovered almost daily by those working in the field of quantum medicine. (*Proc. Natl. Acad. Sci.* 00;97;6242) (*FASEB J* 92;(Abstract 2433) (*Sci Week* 00;Vol.4(32))

REVOLUTIONIZING HEALING WITH THE MAGNETIC MOLECULAR ENERGIZER (MME)

Based on his work to increase negative magnetic fields with sleeping pads, Dr. Bonlie began to develop his Magnetic Molecular Energizer (MME). This device has been in limited use for about six years, first at his offices in Calgary, and now in six U.S. locations.

Ongoing studies of the MME are being conducted under the auspices of an Institutional Review Board as outlined in FDA regulations. Under this program, researchers are able to treat patients and accumulate data on its effectiveness. When a sufficient database has been compiled, it will be submitted to the FDA for approval. Although extensive toxicology studies have been undertaken and there are no safety issues, a significant body of actual treatment results must be accumulated before MME is approved for the treatment of a specific disease. Until formal approval is obtained, Dr. Bonlie and those using the MME are limited in what they can publish or report. The good news is that this treatment is

available now. The only bad news is that until it’s officially approved, it’s doubtful the costs of the treatment will be covered by insurance. Dr. Bonlie hopes to have enough data to submit to the FDA within the next year or so.

How MME WORKS

The fundamentals of MME therapy are related in part to magnetic resonance imaging (MRI). MRI is based on the finding that when cell electrons are subjected to strong magnetic fields, they begin to wobble or vibrate at different frequencies. When they fall back into their ground state, they release a small amount of energy. This change in energy can be measured and converted into 3-D images from which specific tissue types can be viewed. Since different tissues resonate differently, MRI can create very clear and distinct pictures of internal body structures without actually invading body tissues. Although some of the properties related to MME therapy and an MRI scanner are similar, they have their differences:

- Unlike with an MRI scan, patients who undergo MME treatment are not required to sit completely still inside a magnetic chamber. With MME, very large (five-ton) and powerful DC, air-cooled electromagnets are placed above and below a bed. Because the magnets are above and below, there is not the claustrophobic feeling that many patients experience while undergoing an MRI.
- The open bed used in MME is movable, so the area of the body being treated can be placed in the focal point of the electromagnetic field. During periods of treatment, or “magnet time” as it is called, one simply lies in bed and can talk, watch television, read, or sleep. Generally, the patient feels nothing, but often they experience an immediate relief from any pain, and occasionally, some patients feel a “tingling” or “glowing” sensation, which may be related to healing activity. Since the rate of healing

is increased dramatically during this period, additional nutritional supplements may also be recommended.

- The amount of time spent between the magnets will vary depending on the patient's condition. The minimum time at one sitting is four hours and the maximum is 12 hours. Most treatments require 80 to 100 hours of exposure at a minimum, so the most convenient method is to simply sleep or rest on the bed in 10- or 12-hour segments. The cost of treatment is \$50 per hour of magnet time to cover the cost of research. For Phase III studies, there is no charge because half the individuals are only receiving a placebo.

The results obtained with MME treatment so far have been permanent. Some individuals experience complete resolution, others partial. Also, in all the cases treated with MME thus far, there have been no reports of any side effects, nor has the treatment been shown to make a condition worse. MME is non-invasive, non-toxic, and painless. Due to the strong magnetic fields it creates, individuals with medical implants like pacemakers, cochlear (inner ear) implants, aneurysm clips in the brain, or other pieces of metal near sensitive organs may not be able to use MME.

To the best of my knowledge, there are currently six locations in the U.S. treating patients with Dr. Bonlie's MME.

- AMRI—Laguna Niguel, CA, 949-367-0877
- AMRI—Mocksville, NC, 336-492-2874
- AMRI—Hanover, PA, 717-632-0300
- AMRI—Sterling Heights, MI, 586-254-7711
- AMRI—Toledo, OH, 419-531-6256
- AMRI—Renton, WA, 425-738-5650

Dr. Bonlie's office in Calgary can provide more details (800-265-1119).

CAPSAICIN CREAM CAN PROVIDE COOLING COMFORT

What do hot peppers and pain relief have in common? Capsaicin—the chemical that gives cayenne pepper its fiery nature. A powerful, natural pain-fighter, capsaicin has been used in foods and herbal medicine since ancient times. In more recent years, scientists have studied its ability to relieve joint, back, and muscle aches. In one double-blind study, 80 percent of patients experienced pain relief after two weeks of treatment with a cream containing capsaicin. And in another study, capsaicin reduced joint tenderness and stiffness specifically in patients' hands. This is why capsaicin is found in so many pain-fighting creams.

But there's one big problem. Most people who put on a capsaicin cream feel a burning sensation, sometimes worse than the arthritis pain. I spent more than three years researching and testing natural ingredients that would help combat the burning sensation of capsaicin. The result—a pain-fighting cream called Natural Pain Advantage that gives fast comfort and relief for joint and muscle aches and arthritis pain, without burning. In fact, you actually will feel a cooling sensation due to the essential oils and native Australian herbs like aniseed myrtle oil, mountain pepper, and Aloe vera.

With Natural Pain Advantage, you only have to gently rub the cream on your skin; it will absorb quickly and penetrate deep into the skin, without leaving any greasy, smelly mess.

The only source in the U.S. for Natural Pain Advantage is Mountain Home Nutritionals. You can contact them at 800-888-1415.



From My Mailbox: Botox May Help With More Than Just Wrinkles

Question: "What's your take on Botox injections? Are they safe?" — M.W., Norman, OK.

Answer: It appears so. I'm not too fond of the idea of injecting any kind of toxin into the body, but, in the right hands, Botox doesn't seem to cause any problems for most people. It's not recommended for use during pregnancy or in individuals with certain neurological conditions, such as Lou Gehrig's disease, Eaton Lambert syndrome, and myasthenia gravis.

In addition to helping iron out wrinkles, botox is now being used for numerous other conditions, such as migraine headaches, chronic low back pain, facial tics, torticollis, vocal tremors, muscle spasticity associated with stroke or cerebral palsy, some forms of eczema, Parkinsonian drooling, excessive sweating, constipation, club-foot, and even hiccups. A few years ago, I saw some work where doctors were using Botox on patients suffering from benign prostatic hypertrophy (BHP). It seems that a large part of prostate enlargement is due to an overgrowth of smooth muscle, which Botox might be able to help. Botox is also being used with some success to help relax sphincter muscles in the bladder so patients with urinary retention problems can void without using a catheter.

When used to get rid of wrinkles, the effect usually lasts only about 4 months, and then needs to be done again at an average cost of about \$300 a pop. It can be as high as \$1,000 if larger areas are treated. Botox works by causing the injected muscles to stop working. And although Botox (*Clostridium botulinum*) is extremely toxic, the amounts injected are minute. (A single gram of the toxin would be enough to kill a million people. However, there is only a miniscule amount of the toxin in each vial; it wouldn't be enough to kill anyone weighing over about 15 pounds.)

There are a couple of other things you probably need to be aware of that most patients aren't being told. First, muscles injected with Botox have a tendency to atrophy or waste away from not being used. At this point, I haven't seen research that indicates whether or not this damage is reversible. Second, one Canadian clinic has reported that about 20 percent of Botox patients develop a resistance to the toxin. Botox either doesn't work at all or quits working after these individuals build up antibodies to the toxin. This usually occurs after a few years of continued use. If you did develop a lifelong resistance to Botox, you wouldn't be able to take advantage of it if you developed one of the more serious conditions I mentioned earlier.

DEFEAT MUSCLE DISCOMFORT WITH DMSO

DMSO (dimethylsulfoxide) is a clear, colorless, slightly oily liquid with a faint smell of sulphur. It has the unique ability to pass through the skin's oily membranes, which has proven to be handy in a number of different health applications. DMSO on its own can reduce swelling, inflammation, and pain. It can speed the healing process, preserve tissue, and be a godsend to individuals suffering from serious pain. Acute pain from a sports injury can generally be relieved by DMSO in as little as 5 to 30 minutes.

I recommend that everyone keep a pint of 99.9 percent pure DMSO on hand. DMSO is sold in both liquid and gel form. I recommend liquid DMSO. DMSO should always be diluted with distilled water. It works best, in the majority of conditions, when it is in 70 to 90 percent concentrations—70 percent DMSO and 30 percent distilled water, or 90 percent DMSO and 10 percent distilled water. (A burn is the only injury that seems to respond well to a 100-percent solution.) Also, keep in mind that when you dilute DMSO with water, a chemical reaction will take place and the mixture will become warm. This is normal.

DMSO is applied directly to the skin. You can apply it with your fingers or with a cotton ball or swab. Most authorities suggest dabbing DMSO onto an area, but rubbing it on has been shown to improve the absorption time by up to 50 percent. A typical application is 1–3 teaspoons. For acute injuries, applying DMSO every two hours for six to eight hours following the injury is usually recommended. For the next five days or so, apply once every four to six hours.

Many health food stores carry DMSO labeled as “laboratory grade” 99.9 percent pure. It will be labeled for use as a solvent, not a drug. A good mail order source is DMSO Incorporated, 800-367-6935

How Sleeping May Hurt Your Back

Has anyone ever told you how you should sleep? We spend at least 1/3 to 1/2 of our life in bed and nowhere have I ever seen where people were taught the proper positions to sleep! I can't tell you how many back problems have been corrected just by changing the way one sleeps.

I know that this will be disappointing to a lot of people, but you can't sleep on your stomach and not eventually end up with a lot of back problems. You should train yourself to sleep on either your side or your back.

If you sleep on your side, your knees can be bent, but you should keep them together and not throw one leg up over your chest or to your sides. If you have to sleep with one arm under the pillow then make sure it is fully extended or straightened out, not bent at the elbow and tied in a knot under the pillow.

If you sleep on your back, don't sleep with your arms above your head, but rather at your sides or on your stomach or chest.

I know sleeping habits are hard to change, but in the long run, making a few changes may keep you from experiencing the terrible, debilitating pain associated with low back problems, numbness in the shoulders and arms, neck stiffness, and a host of other problems.

If you have a problem staying off your stomach, here's a tip: start off with a small pillow on each side; if you start to roll over on your stomach, it will wake you and remind you. Also, you can use a small pillow between the knees if it is uncomfortable to keep them together when sleeping on your side.

or 502-347-5767. Remember, they cannot tell you how to use the product, so keep this report handy for reference.

CHIROPRACTIC CARE CAN HELP CORRECT CHRONIC PAIN

About 15 years ago, researchers at the prestigious Epidemiology and Medical Care Unit of the British Medical Research Council in Harrow, Middlesex, England, released the results of a large study comparing the effectiveness of chiropractic care versus medical care in the treatment of severe back pain. The fact that chiropractic treatment was far superior won't come as any surprise to the millions of chiropractic patients in this country.

The two-year study involved 741 patients aged 18 to 65 who had no contraindications to manipulation and who had not been treated within the past month. Treatment effectiveness was evaluated with various orthopedic tests, disability rating systems, and questionnaires. The chiropractic patients experienced better results when evaluated at six months after treatment and the benefit of that treatment

was even more evident as the two-year follow-up progressed. Initial chiropractic care lasted somewhat longer (as long as 30 weeks in some cases) than standard medical care (up to 12 weeks).

The results were so impressive that the researchers concluded: "For patients with low back pain in whom manipulation is not contraindicated, chiropractic almost certainly confers worthwhile, long-term benefit in comparison with hospital outpatient management. The benefit is seen mainly in those with chronic or severe pain." (*BMJ* 90 Jun 2;300(6,737):1431-7.)

Chiropractic care in this country has made enormous strides over the last decade or so. If you are one of many who experience chronic pain, it may be just what you need to finally put an end to the problem and say good bye to back pain once and for all.



Dr. Williams works closely with Mountain Home Nutritionals, a division of Doctors' Preferred, LLC and subsidiary of Healthy Directions, LLC, developing his unique formulations that supply many of the hard-to-find nutrients he recommends. Dr. Williams is compensated by Doctors' Preferred, LLC on the sales of these nutritional supplements and health products, which allows him to continue devoting his life to worldwide research and the development of innovative, effective health solutions.

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Mountain Home Publishing

Special Report



Dr. David G. Williams

The Total-Body Cancer Shield

In 1998 I wrote about an immune-boosting product called MGN-3 being sold by Lane Labs. On July 13, 2004, a U.S. District Court judge in New Jersey permanently stopped Lane Labs from selling MGN-3, and two of their other brands, BeneFin and SkinAnswer, unless the products first received approval as drugs from the FDA. Additionally, the court ordered Lane Labs to refund money to all past purchasers of these products. (I hear that Lane Labs is attempting to appeal this portion of the court's ruling.)

The court found that the FDA had been issuing warnings for Lane Labs to stop marketing these products as treatments for cancer, HIV, and other diseases since as early as 1997, but their marketing promotions continued anyway. Trying to market nutritional supplements that can help with cancer, HIV infection, and other serious diseases is fraught with danger. With the aggressive nature of the FDA, it's like walking a tightrope strung above a mine field.

The ultimate victim in this case, as usual, will turn out to be the individuals who have, or could have, benefited from the immune-boosting product MGN-3. For many, it provided a tool to either help beat their cancer or other disease, or at least keep it in check. Now that it is off the market, many people will be at a loss when it comes to finding an alternative.

Fortunately, there is a viable choice that is actually better than MGN-3.

A NEW WAY TO BOOST YOUR IMMUNE SYSTEM NATURALLY

When I first starting talking about MGN-3 in *Alternatives* (Vol. 7, No. 15), many of my discussions were with the developer of MGN-3, Dr. Ghoneum. Before Dr. Ghoneum developed MGN-3, he had been working with a company called Amino Up Chemical Company. His work there also involved mushroom extracts, much like the one in MGN-3. Before the Amino Up relationship ended, sometime around 1997, his work with a similar mushroom extract (active hexose correlated compound, or AHCC) produced some very promising research. And the positive results from this immune stimulator have continued to grow steadily since that time. Not only has AHCC now been shown to be an even more potent immune system stimulator than MGN-3, it is far less expensive as well.

Research from Japan dates back to the late 1980s and, to date, over 40 different studies have now been completed on it. The research has been undertaken both here in the U.S. and in Japan by researchers at several different clinics and laboratories. Over and over again, AHCC has proved to be one of the most safe and potent natural immune boosters

Topics in This Report

A New Way to Boost Your Immune System Naturally.....	1
Boosting Your Immune System May Be Your Best Bet.....	2
Other Benefits of AHCC ..	3
Other Natural Therapies ..	5
CLA: The Forgotten Fat ...	6
A Tea of a Different Color	8

ever tested. Most recently, researchers at NASA found the product could be useful in the prevention and treatment of various infections during space travel. (*J Appl Physiol* 03;95:491-496)

How AHCC WORKS

To understand just how powerful and useful AHCC can be, it helps to have a brief understanding of one of the most common forms of white blood cells of your immune system. Your immune system contains over 130 subsets of white blood cells, but natural killer (NK) cells comprise roughly half of the total.

NK cells provide the first line of defense for dealing with any form of invasion to the body, whether it be in the form of a virus, bacteria, or cancer cell. I've compared NK cells to elite soldiers who are immediately called upon to seek and destroy dangerous invaders.

Each NK cell contains several small granules which act as "ammunition." Once an NK cell has recognized a cancer cell, for example, it attaches itself to the cell's outer membrane and injects these granules directly into the interior of the cell. The granules then "explode," destroying the cancer cell within five minutes. The undamaged NK cell then moves on to other cancer

cells and repeats the process over and over again. When your immune system is particularly strong, active NK cells will often take on two or more cancer cells or pathogens at the same time.

Unlike other white blood cells, inadequate numbers of NK cells are rarely a problem. Instead, research now indicates that it is the activity of the cells that generally determines whether one is sick or healthy. As long as the NK cells are active, everything remains under control. If NK cells lose their ability to either recognize or destroy the invader, however, the situation can deteriorate rapidly. In AIDS and cancer patients, NK cell activity is likely the main criterion for estimating the chances of survival. It's pretty much accepted that when NK cells cease to function, the end is near.

Chronically low NK cell activity may also be linked to a long list of other common problems that manifest long before more serious diseases like cancer show up. This might include: ongoing sinus or respiratory infections; recurrent infections; wounds or tissue damage that is slow to heal; gum and oral cavity inflammation or infection; heart disease associated with inflammatory markers; slow-healing gastrointestinal ulcers; chronic allergies; and recurring toxicity.

Boosting Your Immune System May Be Your Best Bet

The value of being able to naturally enhance or stimulate the activity of your immune system will undoubtedly become one of your most important tools for maintaining your health and surviving in the years to come. For serious diseases, having access to a proven immune system booster like AHCC could mean the difference between life and death. Recent events have shown this to be true.

If you follow the world medical news, it becomes apparent that it's only a matter of time before we experience the next bird flu, SARS, or other rapidly-spreading disease on a worldwide basis. For the pharmaceutical companies, this provides both a huge potential opportunity and a nightmare. Trying to identify each potential pathogen and being able to design a drug to cope with each is a Herculean task. But this doesn't stop them from trying, nor does it stop them from marketing their latest "answer" to each outbreak, whether it works or not. A good example was the panic and shortage of flu vaccine

last winter. Millions of people were vaccinated even though authorities later admitted the vaccine wasn't effective against the strain of flu virus that invaded the U.S. last year. There's no telling how many people suffered side effects from the vaccine or just how many hundreds of millions of dollars went into the coffers of vaccine manufacturers.

One thing has become clear in each of the recent outbreaks. Those who survived even the worst of these disease outbreaks were the ones with the strongest immune systems. Not surprisingly, you'll find this holds true for those individuals who survive practically all other diseases as well, even those such as cancer and AIDS.

Proper nutrition, exercise, various supplements, and rest all play important roles in helping to strengthen your immune system. AHCC, however, provides an immediate, sustained boost to your immune system unlike any other compound, synthetic or natural, that I have seen.

Other Benefits of AHCC

AHCC is one product you will want to remember in the event of some serious flu or flu-like epidemic in the future. It's a perfect product to use either alone or in conjunction with other therapies to prime your immune system to fight off any viral, bacterial or fungal pathogen.

Knowing your family medical history is also important. After a careful look at the diseases and causes of death of one's ancestors, it often becomes apparent that some individuals are at greater risk of developing certain diseases. Cancer is only one such example. Bowel problems, heart disease, arthritis, and immune disorders are others. In many cases, these diseases would be far less likely to develop if one's immune system operated at peak efficiency. That's where AHCC could be a godsend. It is one of the quickest methods you can use to dramatically increase immune function.

It's something I would strongly consider taking on a regular preventive basis if you fall into any of the following categories.

- Heavy smoker (two or more packs a day)
- Heavy drinker
- Individuals whose work or home environment exposes them to pesticides, paints, solvents or other dangerous chemicals
- Individuals who work in the medical field treating highly contagious diseases
- Individuals whose family medical history indicates an increased chance of developing cancer, arthritis, any autoimmune disease, inflammatory problems, or heart disease
- Individuals whose family has a strong history of cancer
- Individuals born with immune deficiencies
- Elderly individuals with failing immune systems (natural killer cells tend to respond slower and less effectively as we get older. This often results in recurring bouts of infection and a very noticeable decline in overall health.)

Studies have found that AHCC has the ability to increase natural killer cell activity through several mechanisms.

- AHCC increases the number of explosive granules in NK cells. The more granules or "ammunition" NK cells have, the more cancer cells and other pathogen-infected cells they destroy.
- Oral ingestion of AHCC increases levels of interferon, a potent compound produced by the body that has been shown to inhibit the replication of viruses and increase NK cell activity.
- Results from an animal study show that AHCC increases the formation of tumor necrosis factors (TNFs), which are a group of proteins that help destroy cancer cells.
- In addition to increasing NK activity as much as 300 percent (or even higher), AHCC also increases the activity of other key immune cells, like T-cells (200 percent) and B-cells (250 percent). (*Anti-Cancer Drugs* 98;9:343-350) (*Biotherapy* 01;12 (3):303-309) (*Int J Immunotherapy* 95;11(1):23-28)

RESEARCH REVEALS AHCC'S POWERFUL EFFECTS

In my report years ago, I explained how MGN-3 exhibited many of these same effects. One study

indicated that at a daily dose of 3 grams, MGN-3 increased NK cell activity by 1.3 to 1.5 times in a period of just 16 hours. After a week at this dosage level, NK cell activity increased eightfold. NK cell activity continued to increase and at the end of two months the NK cells were killing 27 times more cancer cells over a four-hour period than before taking the product. (*Int J Immunotherapy* 98;14(2):89-99)

Since that initial report, Dr. M. Hosokawa of Hokkaido University in Sapporo, Japan compared the effects of MGN-3 and AHCC. Dr. Hosokawa works with the Division of Cancer Pathology there. He is well-known for his work in cancer biology and immunotherapy.

Using animal studies, Dr. Hosokawa compared the increase in NK cell activity exhibited by MGN-3 and AHCC. Using equal amounts of each product, Dr. Hosokawa discovered that natural killer cell activity was an average of 24 percent greater with AHCC than it was with MGN-3.

In a study published in 2003, it was found that liver cancer patients using AHCC not only experienced a decrease in recurrence of tumors, but also exhibited a significantly improved survival rate after surgery. (*J Hepatol* 03;37(1):147-150)

Studies have shown that AHCC can also be a very powerful tool in the treatment of other types of cancers including leukemia and those of the breast, ovary, cervix, prostate, and liver. Using AHCC with other forms of cancer treatment can be effective at reducing many side effects associated with these conventional therapies.

I should mention that many of the studies involving AHCC focused on its ability to work adjunctively with traditional cancer treatments. Although most of the researchers I've spoken with definitely recommend taking AHCC at the very first sign of cancer, they didn't rule out using conventional therapies along with the product. It goes back to the idea that the natural killer cells should be there on the "front line" of the battle as early as possible, but it's important for them to complete the cleanup after the battle by searching for and destroying isolated or stray cancer cells that might remain. Studies have shown that AHCC can help in slowing or preventing the metastasis or spread of cancer to other parts of the body.

AHCC can also help prevent cancer in the first place, and early indications reveal that it will often reverse the condition referred to as cervical dysplasia. This condition refers to the presence of abnormal or pre-cancerous cells detected during routine Pap smears. They are pre-cancerous because of their propensity to develop into cervical cancer. Taking AHCC can result in a return to normal tissue in the area in as little as six months. The ability to help prevent disease may be one of AHCC's greatest benefits.

AHCC is non-toxic and poses no danger or ill effects from long-term use, and unlike chemotherapy, radiation, or other therapies which destroy healthy tissue along with the cancer cells, AHCC doesn't directly destroy any tissue. It only makes your immune system more effective at targeting cancer cells and pathogens. Regardless of how one decides to treat their cancer, adding AHCC into the mix will only increase the chances of being able to recover from the disease and keep it from recurring.

RECOMMENDATIONS

For a maintenance dose, 1 gram per day is generally recommended. For maximum effectiveness during the active phases of a problem, the recommended dose is 3 grams per day.

At 1 gram per day, you can expect to experience a strong increase in natural killer cell activity in about four weeks. At the higher dose of 3 grams, the effect will generally be evident within one to two weeks. (You'll be able to tell; you'll start feeling better.) Once the NK cell activity increases, the dosage can be dropped to 1 gram and the activity will still continue to increase. I would also suggest dividing the daily dosage, whether it be one gram or three, and take part of it at breakfast and part at dinnertime.

When I first wrote about MGN-3, AHCC wasn't yet available in this country. That has changed over the past few years. AHCC is somewhat expensive compared to most supplements, but the good news is that it's still available. And, it's 30 to 40 percent less expensive than MGN-3 was. (And when you consider what AHCC can do, it may be the supplement bargain of the century.)

The AHCC used in much of the research mentioned here is sold as ImmPower. In this country, ImmPower can be purchased from Harmony Company, P.O. Box 93, Northvale, New Jersey 07447. They can be reached toll-free at 888-809-1241.

Back in 1998, I explained how the release of MGN-3 was a monumental step forward in the way diseases of the future will be treated. It was only a preliminary step in the process. AHCC has obviously "raised the bar" by significantly increasing immune system response beyond that of MGN-3. And it continues to do so without triggering any of the side effects associated with drug therapies.

The company selling ImmPower appears to be far more cautious in their efforts than was Lane Labs. And although their research is much more supportive, don't expect them to start promoting the product as a treatment for cancer, AIDS, or any of the other diseases I've discussed. AHCC is not an approved drug. All that can be said legally is that it has been proven to have positive immune-enhancing effects.

As long as it stays on the market, that's good enough for me. We don't need to lose this jewel. I'll continue to keep you updated with the latest research results and explain how this very powerful supplement is being used to help prevent and cure some of the most feared diseases of our time.

OTHER NATURAL THERAPIES

DIM

More than a decade ago, the lead article in *Alternatives* reported that you could reduce your risk of getting various cancers by including cruciferous vegetables in your diet. At that time, all the research I had uncovered focused on helping to prevent cancer with these vegetables, not the treatment of existing cancer. I'm now happy to report that researchers at the Louisiana State University Medical Center have remedied this situation. They found that a natural extraction of indole-3-carbinol (I-3-C) from these vegetables can help reverse and possibly cure the most common form of cervical cancer. This latest report, authored by Dr. Maria Bell, is a major breakthrough in the treatment of cervical cancer.

I-3-C is a compound found naturally in cruciferous vegetables such as cauliflower, broccoli, bok choy, Brussels sprouts, cabbage, cress, kale, mustard, radish, horseradish, turnip, rutabaga, and kohlrabi. When these vegetables are crushed, chewed, or exposed to an acid environment, like that in the stomach, I-3-C is changed into another indole called diindolylmethane (DIM).

Targeting Bad Cells

We now know that DIM has the unique ability to modify the metabolism of estrogen. This capability led Dr. Bell and her colleagues to focus on the extracts of these vegetables for treating estrogen-mediated cervical cancer. Thirty women with stage II and stage III cervical cancer were involved in the study, which lasted only 12 weeks. Ten women took a placebo, ten took 200 mg of I-3-C daily, and ten took 400 mg of I-3-C daily. After 12 weeks, none of the women taking the placebo showed any regression of their cancer. Four of those taking 200 mg of I-3-C daily and four taking 400 mg experienced complete remission. At the conclusion of the study, all patients were given Pap smears, a colposcopy, and a biopsy to verify these findings. (*Gynecol Oncol* 00;78(2):123-129)

Dr. Bell reports that additional research is planned, but instead of using I-3-C, researchers will be using DIM. DIM appears to have several advantages over I-3-C. First of all, I-3-C is inactive until it is transformed by stomach acid into DIM. We tend to produce less acid in our stomachs as we get older, which makes foods more difficult to digest and probably inhibits the conversion of I-3-C to DIM. Also, I-3-C is very

unstable. Some reports have cited reduced effectiveness over time because of its short shelf life. Using pure DIM overcomes these problems. DIM needs no conversion in the stomach and is very stable. It also appears to be effective at lower doses than I-3-C. Since these compounds are natural components of vegetables, they have the added benefit of being non-toxic. And best of all, they are currently available as nutritional supplements.

A Bone of Contention

The only concern that has arisen with I-3-C and DIM is the possibility that, if taken for long periods of time, they might decrease bone density. Two individuals who have been taking high doses of I-3-C continuously for four to six years to help control an incurable disease, recurrent respiratory papillomatosis (RRP), have reported lower bone density test scores. Whether the estrogen-altering effect of I-3-C is responsible for the bone loss has not yet been determined. But if I had to choose between getting rid of cancer and the possibility of bone density loss, I could live with the bone loss (though I would be sure to employ several of the techniques I discussed in the July 1998 issue of *Alternatives* to help prevent bone loss. Back issues of *Alternatives* can be ordered by calling 800-718-8293). Even if bone loss does occur, I suspect that it would take several months of high dosage I-3-C or DIM usage for that to happen. Just for the record, I should also mention that the quantity of indoles you get from eating cruciferous vegetables is far less than in the extract, so there shouldn't be any concern about over-consumption of the vegetables.

Hope for Other Cancers, Too

Cervical cancer isn't the only form of cancer that might be treated by these indoles. Dr. Bell's research opens up a new phase in the natural treatment of estrogen-mediated cancers. DIM is not a plant estrogen or phytoestrogen. Instead of mimicking estrogen like a phytoestrogen, DIM has been shown to exhibit three specific mechanisms that can help reduce risk of cancer.

1. Reduction of the activity of estrogen receptors in the body. (*Carcinogenesis* 98;19:1631-1639)
2. Promotion of "selective cell death," which helps in the body's removal of malformed and/or damaged cells. (*Anti-Cancer Drugs* 98;9:141-148)
3. Promotion of the beneficial metabolism of estrogen in the body. (*Pro Soc Experi Bio Med* 97;216:246-252)

CLA: The Forgotten Fat

I've often written about conjugated linoleic acid (CLA), an essential nutrient that has almost disappeared from the standard American diet. CLA has been shown to dramatically improve the body's ability to convert dietary fat to energy, which helps reduce overall body fat. In addition to its fat-reducing properties, CLA has other important benefits that researchers are beginning to explore. Among these are some amazing preliminary reports on CLA's ability to fight cancer.

Although most of the published research involving CLA and cancer has been performed on animals, the results are very promising. Early results suggest that CLA can help reduce tumor growth and development of both prostate and breast cancers. Particularly in breast cancer, CLA appears to play a protective role in preventing the formation of tumors in the first place. In mice studies, CLA slowed breast cancer growth and prevented its metastasis to the lungs and bone marrow. CLA appears to work on several different fronts when it comes to cancer. It inhibits inflammatory compounds that trigger tumor growth, it interferes with tumor-growth factors, and it impedes uncontrolled cell division. (*Anti-cancer Res* 97;17(2A):969-73) CLA appeared to have a lifelong protective effect when it was given to mice prior to the introduction of known carcinogens. (*Cancer Res* 97;57(22):5067-72)

Over the next several years, we're going to hear a lot more about the benefits of CLA. Hundreds of CLA research studies are currently under way. CLA is another one of those items that has been gradually removed from our food supply—a victim of the low-fat craze that has become so popular these days. I urge you not to wait until all the research is in and fats like CLA have the full blessing of the medical establishment. Do yourself a favor and get started on CLA now. It's safe and non-toxic, though not inexpensive—unless you weigh its cost against the price of treating obesity, cancer,

heart disease, and the other problems related to CLA deficiencies.

How to Make Sure You're Getting Enough CLA

You could be getting some CLA from your diet. CLA is found in beef, lamb, and turkey. If you have a safe way to obtain raw milk and cream, that's an especially good source of CLA also. Other dairy products, such as cheese, also contain CLA.

The studies done on CLA for body fat reduction show that taking 3.4 grams of CLA daily will bring significant reductions in body fat. (Because the research on CLA's cancer-preventing abilities is so preliminary, there are no specific recommended dosages for cancer protection.) Getting CLA from your diet alone, however, won't give you the amount you need. Fortunately, high-quality CLA can be taken in supplement form.

Much of the research on CLA has been done using a form of CLA called Tonalin. The Wisconsin Alumni Research Foundation holds the patent on Tonalin, but several companies have been granted licenses to market the product. Looking for the Tonalin label is probably the most reliable way of ensuring that you're getting a quality CLA product. There are companies out there selling vegetable oil and calling it CLA. Obviously, you won't get the results I've discussed with vegetable oil. Tonalin CLA comes from safflower oil, but is a conjugated product that is quite different from common vegetable oil.

If taking 3.4 grams of CLA per day is cost-prohibitive, 2 to 2.4 grams might be enough. A healthy diet that includes moderate amounts of the foods mentioned in this report might give you a gram of CLA each day. CLA is available from most health food stores or from the Vitamin Shoppe at 800-223-1216 or www.vitaminshoppe.com.

By making sure that estrogen in the body is broken down into only its beneficial components, DIM can help prevent the growth of cancers that feed off the harmful byproducts of estrogen. I suspect that future studies will show that in addition to cervical cancer, DIM is useful in treating breast cancer in both men and women, prostate cancer, uterine cancer, and lupus erythematosus—all cancers that have been linked to higher estrogen levels. DIM may also be helpful in mitigating the increased cancer risk associated with

female hormone replacement therapy, increased alcohol consumption, and the use of DHEA.

It may take several years before we fully understand the benefits of DIM. However, we know that the indoles from simply eating cabbage once a week can dramatically lower the risk of esophagus, lung, bladder, colon, and rectal cancer. (*Am J Epidemiology* 79;190(1):1-20) (*Cancer Res Suppl* 83;43:2488s-2453s) Past research would suggest that a form of cancer brought into

remission by using DIM would be prevented from recurring by a diet rich in cruciferous vegetables. If you have a family history of cancer, I would highly recommend including cruciferous vegetables in your diet at least three or four times weekly. And if you have one of these cancers, DIM certainly appears to be a strong natural treatment option.

How to Take It and Where to Get It

While dosages of DIM can vary slightly from one individual to another, therapeutic daily doses generally range from about 2–4 mg per pound of body weight. For someone weighing 150 lbs, the daily therapeutic dosage would normally be 300–600 mg.

DIM is available under the name Phytosorb-DIM from BioResponse in either 75- or 150-mg capsules. You can contact them at 877-312-5777 or on the Web at www.bioresponse.com. BioResponse has done much of the cancer research with DIM to date. (This is a small company, so please be patient while placing your order.) Another source that sells the Tyler Encapsulation DIM product, Indolplex, at a 20-percent discount is N.E.E.D.S. at 800-634-1380 or www.needs.com. *Note:* When you call, please be aware that neither of these companies will give treatment information over the phone.

SELENIUM

Almost daily, there's new research released touting the benefits of getting adequate amounts of minerals from your diet. By now, most people are aware of the problems caused by a diet low in calcium and iron. Trace minerals like zinc and iodine play a major role in your health, and recently, the importance of so-called "ultra-trace" minerals has come to light. One that has gotten a lot of attention is selenium. It's been called a "cure-all for whatever ails you" by some, and totally insignificant by others. As is usually the case, its importance probably lies somewhere in between.

Selenium is a powerful antioxidant that protects cell membranes by neutralizing destructive free radicals. It slows down the metabolism of cancer cells and inhibits not only tumor growth, but the growth of tumor cells that have spread to distant parts of the body. It enhances the immune system and helps regulate thyroid hormone levels. These specific attributes help explain the often overlooked connection between selenium intake and the incidence of cancer.

Selenium intake has been shown to be low in the United States, as well as in many of the Nordic countries (Sweden, Denmark, and Norway). (*Int Clin Nutr Rev* 89;9(2):68-75) While the RDA for selenium is around 70 mcg, this appears to be far too low for optimal health. Even worse, the average daily intake in this country is probably somewhere in the neighborhood of 25 to 50 mcg.

In many studies, both in this country and abroad, selenium has been shown to help prevent or delay the appearance of cancer. Patients with either low blood levels or diets low in selenium had proportionately greater incidence of cancer of the ovary, breast, prostate, rectum, colon, esophagus, stomach, liver, lungs, and lymphatic system. (*Brit Med J* 85; 290:417) (*Bioinorganic Chem* 77; 7:23) (*Biological Trace Element Res* 85; 7:21)

People who live in areas where there is selenium-rich soil have far less risk of developing cancer. Canadian researchers found this to be especially true concerning cancers of the organs that come into direct contact with selenium-rich foods (mouth, throat, stomach, small intestine, colon, rectum, kidney, and bladder). (*Can Med Assoc J* 69;100:682) A decrease in the incidence of breast cancer has also been found in these groups.

In another study, researchers compared blood selenium levels to the number of cancer deaths in 190 different U.S. cities. Lower selenium blood levels were associated with increased cancer deaths. (*Crit Rev Clin Lab Sci* 71;2:211-221) These same findings have proven true in worldwide evaluations.

Selenium Toxicity

Most researchers and doctors won't openly endorse selenium supplements because too much selenium can be toxic. The beneficial and toxic levels are so close that most authorities prefer to avoid the subject of dietary supplementation altogether. But when you consider the enormous benefits and protection this trace mineral can provide, I think this is a serious mistake.

The trappings of modern society tend to increase your need for selenium. Factors like increased alcohol consumption and/or exposure to substances like cadmium, copper, and lead—metals that can leach from pipes supplying drinking water—can lower selenium levels.

Even though selenium toxicity is rare, you should be aware of some telltale signs: garlic-smelling breath,

A Tea of a Different Color

In the next few months you can expect to start seeing more information about the benefits of white tea—not tea with cream, but a rare variety of Chinese tea that has been shown to have an even higher concentration of antioxidants than green tea. (I still regularly consume green tea, however.)

White tea is grown on China's East coast, in the Fujian province, and is the least-processed of all teas, which probably accounts for its strong antioxidant capabilities. Preliminary research from the Pauling Institute suggests that it may be effective in the prevention of cancer. Before I share the results with you, let me underscore that this research is new, and a lot more work needs to be done.

This very interesting study indicates that an extract of white tea applied topically can boost immune capabilities within the skin and protect it against sun damage. Scientists applied the extract to the skin on one buttock and left the other unprotected. After being exposed to artificial sunlight, the two patches of skin were carefully analyzed.

The white tea extract protected the Langerhans cells in the outer layer of the skin, which is the immune system's first line of defense in detecting invading germs and mutated proteins produced by cancerous cells. The scientists also discovered that DNA damage to cells was very limited where the extract was applied compared to the unprotected areas. Not only did the extract protect against the sun damage, it could also help reduce wrinkling and aging of the skin.

There are several mail-order sources for white tea:

- Generation Tea, www.generationtea.com, 866-742-5668, \$15–\$25 for 4 oz.;
- Tribute Tea, www.tributetea.com, \$18.75–\$33 for 4 oz.;
- Adagio Teas, www.adagio.com, \$24–\$33 for 4 oz.

The white tea I drank was somewhat pale in color but very flavorful. And since the chemical structure is similar to black and green teas, I suspect there would be a noticeable benefit to topically applying the tea as well as drinking it.

sweat, and urine; intestinal problems; kidney or liver impairment; arthritis; and eruptions and yellowish tinting of the skin.

And remember that more is not necessarily better in the case of selenium. While the exact amount that will lead to toxicity varies from individual to individual, a safe daily intake appears to be in the 250–400 mcg range. Currently, the National Cancer Institute recommends 200 mcg and the World Health Organization suggests 400 mcg daily.

Natural Selenium Sources

Good food sources of selenium are generally the high-protein foods: red meat, fish, shellfish, poultry, eggs, breads, and many whole-grain cereals. The yeast content of these foods can vary considerably, depending on where they were produced. For example, in many of the research studies, beef raised in South Dakota, where the soil is rich in selenium, is used in high-selenium diets. In contrast, low-selenium beef from New Zealand is placed on low-selenium menus.

Brewer's yeast is another source of selenium, but probably the best and most overlooked source is nuts. Sunflower seeds and cashew nuts are good choices and can provide anywhere from 10 to 80 mcg per 3.5 oz serving. My favorite selenium source is Brazil nuts. A single ounce of these powerhouses contains between 300 and 860 mcg of selenium. Obviously, you don't want to get carried away with Brazil nuts, but a couple of nuts every other day or so is fine.

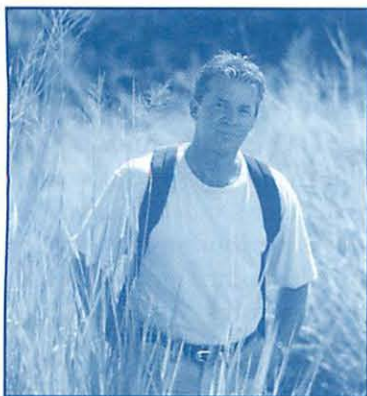


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Mountain Home Publishing

Special Report



Dr. David G. Williams

10 Bogus Remedies and Health Scams

Over the last couple of years, the nutritional supplement market has exploded. Wall Street wizards have recommended companies that market herbal products, and dozens of mergers have taken place among supplement companies in an effort to take advantage of this boom.

The enormous marketing budgets large companies have enable them to easily create trends in herbs, supplements, and medical procedures. They publish a book featuring a specific product, and follow it with a huge media blitz. We've seen this with DHEA, chondroitin sulfate, St. John's wort, and melatonin, to name a few.

While many of the products have merit if processed and used correctly, it's difficult for the average consumer to know which ones are actually safe and effective. There's not a lot I can do to stop media campaigns, but I can help you sort out what's healthy and what's merely hype.

1. THE MELATONIN MYTH

Melatonin is a great aid for insomnia and jet lag, but it is a hormone, and hormones can have far-reaching effects on the body. Taking the "standard" dosage of melatonin recommended in many newsletters and advertisements could cause your body to cease its natural production of this hormone; constrict blood vessels, which can decrease blood flow to various organs; and potentiate the effects of estrogen, which could cause breast enlargement in men and upset hormonal cycles in women.

Using melatonin for a day or two to overcome or prevent jet lag or shift changes at work, or for a couple of weeks to help reset your biological clock to correct insomnia is fine. Once your body's clock has been "reset," you shouldn't need any additional melatonin unless it gets out of whack again. But the long-term use of melatonin (and other hormones, for that matter) has always been a concern to me.

There appears to be a way to minimize the impact of supplemental melatonin. **New research shows that, for continued use, a small dose might be just as effective as a larger one—if not more so.** Recently, 30 insomnia patients were divided into three groups and given a melatonin dose of 0.1 mg/day, 0.3 mg/day, or 3 mg/day. After comparing the degree of sleep improvement and the blood levels of melatonin, researchers found that 0.3 mg per day was enough to restore blood levels of melatonin to normal and improve sleep quality. If you regularly take melatonin, take the lowest-possible dosage that still helps you maintain proper sleep patterns. (*Family Prac News* Oct.1, 00:16)

An even better way to get melatonin is to provide your body with what it needs to produce it naturally. Bananas, barley, ginger, rice, and corn are high in melatonin. Include them in your daily regimen. Melatonin is sold in health food stores. If you can't find it, a good mail order source is Wholesale Nutrition at 800-325-2664 or www.nutri.com.

Topics in This Report

1. The Melatonin Myth 1
Walnut-Milk Shake 2
2. Natural Nutrients for Treating Depression..... 2
Don't Trade One Problem for Another 3
3. Fish Oil Farce 3
4. DHEA Downsides 4
5. Water Filter Woes..... 4
6. Don't Be Blinded by the LASIK Hype..... 5
7. Sunscreen Scam..... 6
8. Fiber Worthless? No, It's the Study That's Worthless 7
9. Acetaminophen Warning..... 7
10. Milk Does a Body Good as Long as It's the Right Kind..... 8

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CONSIDER OTHER NATURAL SLEEP AIDS

Long-standing insomnia problems could take a couple of months to normalize using these natural remedies. However, unlike pharmaceuticals, once good sleeping patterns have been re-established, the remedies below can usually be slowly phased out.

Increasing serotonin levels in the brain can be very effective in helping initiate sleep. There are two ways to increase serotonin levels. One is with SSRI drugs (selective serotonin reuptake inhibitors); the other is **L-tryptophan**. I don't recommend SSRIs because I have too many concerns about their side effects. Which leads me to tryptophan. L-tryptophan is the only natural product I know that will increase serotonin levels. Until the fall of 1989, L-tryptophan was helping thousands of people get a good night's sleep. Then reports surfaced that some individuals taking L-tryptophan were developing a condition called eosinophilia-myalgia syndrome. The problem was traced to a batch of contaminated products produced by the Japanese manufacturer Showa Denko.

The FDA didn't just remove the contaminated batches of the amino acid, however. They recalled all L-tryptophan sold for human consumption, destroyed it, and banned all future sales, indefinitely. Today, although the product is back to being legally available, the FDA would still have you believe that L-tryptophan is too dangerous to use, even though we need it to stay healthy.

You can get L-tryptophan in your diet, but many of the foods high in this amino acid have fallen out of favor with Americans, and it's hard to get the amounts your system needs. Foods with higher L-tryptophan content include wheat germ, oat flakes, eggs, cottage cheese, avocados, pork, salted anchovies, Swiss and Parmesan cheeses, and almonds. You can buy pharmaceutical grade L-tryptophan from The Vitamin Lady at 800-213-4906 or www.vitaminlady.com.

Walnut-Milk Shake

Walnuts are said to be the richest dietary source of serotonin. You'll be surprised how effectively this walnut-milk shake can take the place of late-night food cravings and help improve your sleep as well: Blend $\frac{1}{8}$ to $\frac{1}{4}$ cup of walnuts with an equal amount of skim milk about 30 minutes before bedtime. The walnuts alone will do the trick; but to get even more health benefits, try adding 1 teaspoon ground flaxseed or raw sunflower seeds, 1 tablespoon lecithin granules, a dash of powdered cinnamon, and/or vanilla extract. Try to keep the finished mixture around $\frac{1}{2}$ to $\frac{3}{4}$ cup.

Suggested dosages for L-tryptophan vary. In adults, it takes at least 1-2 g to change blood levels. L-tryptophan isn't inexpensive and anything that will enhance its effect is worth using. Take B6 (50-100 mg) and niacinamide (100-200 mg) with L-tryptophan.

Inositol is part of the vitamin B family. A dosage of 500 mg taken about an hour before bed works almost as well as tryptophan for insomnia.

2. NATURAL NUTRIENTS FOR TREATING DEPRESSION

It's important to realize that depression can stem from hundreds of factors. This often makes it difficult to treat. As with most ailments, accurate diagnosis is the key. Unfortunately, most doctors nowadays seem to spend less time looking for the underlying causes of the problem and more time simply comparing observed symptoms with those listed as treatable by various drugs and prescribing the medication that fits best.

Before you resort to any supplement or drug, health conditions like hypoglycemia (low blood sugar), diabetes, weak adrenal function, and an underactive thyroid (hypothyroidism) or pituitary gland should be ruled out as causes. Hormone imbalances, chronic infections, pain, cancer, and vitamin deficiencies can cause depression as well. Also, one of the most commonly overlooked contributors to depression is the regular use of prescription and over-the-counter drugs. Blood pressure drugs are particularly notorious for causing depression. If you take drugs on a regular basis, be sure to check with your doctor about their side effects.

There are many natural remedies that effectively treat depression. St. John's wort has been shown to be just as effective as Prozac, but it is not the only alternative:

5-HYDROXYTRYPTOPHAN (5-HTP)

5-HTP is a derivative of tryptophan and is available without a prescription. An early study showed that 100 mg three times daily was as effective as Prozac. Prozac stops the breakdown of serotonin. Tryptophan and 5-HTP are both converted to serotonin by the body. Each increases serotonin levels in the brain, which in turn improves mood and promotes better sleep.

EFAs

Although it is rarely discussed, essential fatty acids (EFAs) provide a means by which the body can store light energy, or energy from the sun. Despite what most people have come to believe, sunlight is essential

Don't Trade One Problem for Another

Just for the record, there is one herbal remedy that has been used and recommended repeatedly for the treatment of depression and anxiety: valerian root. I only recommend using this herb on a short-term basis. With continued use, it's not uncommon for a person to experience fatigue, dizziness upon getting up from a seated or lying position, shakiness, headaches, irritability, and other problems associated with decreased adrenal function (hypoadrenia) and blood sugar fluctuations.

to good health. Light is made up of small particles of energy called photons. If your body has adequate amounts of essential fatty acids from sources such as fish oil, photons will pass through the skin and be stored. In areas of the world that have the least amount of sunlight, the traditional diet contained the highest amounts of essential fatty acids. For example, the Eskimos ate cold-water fish, such as salmon, and whale and seal blubber, which are some of the richest sources of essential fatty acids. There wasn't a problem in Eskimo society with depression, suicide, alcoholism, obesity, and heart disease until the Standard American Diet was introduced. In recent years, we've found that simple exposure to sunlight or high-intensity, full-spectrum lights can eliminate seasonal problems with depression. The treatment is far more effective and results appear more quickly when the diet is also supplemented with either fish oils or fresh flaxseed oil.

Flaxseed oil and whole flaxseeds are another excellent source of EFAs. I recommend using either on a daily basis. The number-one comment I receive from those who do is that their mood has improved and they feel more energy throughout the day.

VITAMINS B6, B12, AND FOLIC ACID

A deficiency in any one of the B-vitamins can result in depression. B6 and folic acid are generally not the culprits in depression. However, when a person's mood improves dramatically after taking a multi-B vitamin complex, these two elements are often the reason. For decades, nutritionally-oriented doctors have recognized and treated depression with vitamin B12 injections. The results can be quite dramatic and almost immediate. Vitamin B12 deficiencies can lead to depression, chronic fatigue, nerve problems, and memory loss. This is one of the most common vitamin deficiencies in the elderly. Oral doses in the

range of 500–1,000 micrograms have been shown to restore vitamin B12 levels.

Inositol is part of the vitamin B family. The suggested dosage for depression is 500 mg three times a day. With it, I would suggest taking 500–1,000 mg a day of acetyl-L-carnitine (ALC), an antioxidant that helps protect and rebuild nerve cell membranes. B vitamins and inositol can be found at health food stores or ordered from Freeda Vitamins at 800-777-3737.

3. FISH OIL FARCE

Research shows that people with cancer, cardiovascular disease, liver degeneration, obesity, and diabetes almost universally have low levels of the essential fatty acid called linoleic acid (LA), but if you've swallowed the line that two fish oil capsules a day are enough for good health, you've swallowed a rotten fish!

Researchers in Ireland found it took at least two weeks of daily EPA supplementation for plasma levels to rise significantly, and 12 weeks to block the mechanism that produced inflammatory compounds. (*Eur J Clin Nutr* 93;47:255-259) This explains why many people fail to see meaningful results with fish oil supplements. Most fish oil capsules contain around 180 mg of EPA. Unless you were to take at least ten capsules a day for at least two weeks—and possibly as long as 12 weeks—you might not notice any effects.

You can achieve the beneficial effects by eating six ounces of oily fish—the right kind of fish. There's a big difference in the omega-3 content of fish. For example, fish caught in the wild, as opposed to those that are farmed, have higher levels of fatty acid. Here are three groups of fish and their percentage of omega-3 oil content:

- Group I: Mackerel (1.8%), lake trout (1.6%), herring (1.5%), sardines (1.4%), albacore tuna (1.3%), salmon (1.1%). A four-ounce serving two or three times a week will supply a beneficial dose of omega-3 fatty acids.

Note: This group contains some of the least expensive fish, i.e., mackerel and sardines, probably because their high oil content gives them a more "fishy" taste, which a lot of people don't like.

- Group II: Halibut (0.6%), river trout (0.5%), catfish (0.4%). It will take two or three 8 to 12-ounce servings a week to get adequate amounts of omega-3s.
- Group III: Cod (0.3%), snapper (0.2%), tuna packed in water (0.2%). The omega-3 levels in this group are almost too small to count.

Fish oil capsules can be found in health food stores or EPA Complex can be ordered from Wholesale Nutrition, 800-325-2664.

OTHER EFA SOURCES

Flaxseed oil is an excellent source of fatty acids, although it goes rancid rather quickly unless extracted, packaged, and stored correctly. The highest quality flaxseed oil I've located is made by Flora, Inc. Unlike many oils, it lists the expiration date and date of manufacture. It is sold in health food stores. If you can't find it, call Flora (800-446-2110) for a store near you. Whole flaxseed has an indefinite shelf life. Just grind two to three tablespoons in a coffee mill and sprinkle on cereal or in juice. Flaxseed can be found in health food stores.

Other food sources of omega-3 fatty acids are spinach, mustard greens, walnuts and walnut oil, wheat germ oil, grapeseed oil (canola), soybean lecithin, tofu, beans, buttermilk, pumpkin seeds, spirulina, and seaweed. Black currant seed oil capsules, borage oil capsules, and evening primrose oil capsules, also good EFA sources, can be found in health food stores.

4. DHEA DOWNSIDES

DHEA (dehydroepiandrosterone) is touted as an "elixir of youth" and cure-all for everything from heart disease and cancer to dizziness. Because studies have shown that DHEA levels decrease with age and are lower than normal with several diseases, many doctors feel that anyone with lower-than-normal DHEA levels will benefit from it. So millions of people are taking DHEA without a true knowledge of its long-term effects.

DHEA is a precursor hormone made by the adrenal glands; in other words, it is converted by the adrenals into numerous other hormones. My feelings about DHEA are much the same as they are about melatonin and other hormones. Manipulating any hormone is far too tricky for most mortals. It is extremely difficult to determine the effects of hormone supplementation on seemingly unrelated body functions. For example, increasing DHEA levels might decrease inflammation, but at the same time it could create more estrogen and trigger increased testosterone, which could increase risk of breast cancer or stimulate prostate cancer.

When Dr. Joanne Dorgan of the National Cancer Institute compared 71 postmenopausal women with breast cancer to a group of women without cancer, she discovered women with the highest DHEA levels were four times more likely to develop breast cancer than

those with the lowest DHEA levels. (*Cancer Epidemiology, Biomarkers and Prevention* 97;6:177-81)

If DHEA levels fall below normal, the first question that should be asked is whether the adrenal glands are weak and underactive. If so, the most rational approach is to support the adrenal glands nutritionally and allow them to return to normal. This can often be accomplished by taking additional vitamin C, vitamin B-complex (especially pantothenic acid and B6), and a good adrenal glandular supplement. Also, mental, physical, and chemical stresses have been shown to interfere with adrenal gland function.

5. WATER FILTER WOES

Bottled water sales exceed \$3 billion annually. One out of five households nationwide and one out of three in California use bottled water. We buy bottled water because bottled water manufacturers have led us to believe it's a healthy choice—that bottled water is pure and contains healthy minerals. Not so! Even brands of bottled water that claim a high-mineral content have only microscopic amounts. For example, Perrier contains about as much calcium as tap water in San Diego and other cities. And as far as bottled water being free of contaminants, that's not necessarily the case.

Much of the problem stems from a lack of enforceable standards for the bottled water industry. Bottled water falls under the jurisdiction of the Food and Drug Administration, which has simply adopted the dangerously low guidelines of the Environmental Protection Agency (EPA). To be in compliance bottled water only has to be as clean as tap water, so in essence, when you buy bottled water, you could just be buying tap water with a fancy label. To make matters worse, there are no sanitation requirements for processing plants. One FDA survey found that 31 percent of 52 brands tested were tainted with bacteria, 29 percent of bottling facilities visited exhibited poor manufacturing practices, and 31 percent had significant "deviations" in their water testing!

WATER-WISE STEPS

- A healthy diet and daily supplementation are your best sources for minerals, not bottled water—or any drinking water.
- Have your home water source checked. Your state or local health department or the EPA hotline (800-426-4791) can give you the names of labs in your area. National Testing Laboratories, Ltd. (800-458-3330) is very reputable and offers a comprehensive Watercheck for \$166.95.

- Distilled bottled water (not mineral or spring water) is the smallest step up from tap water. If tests show your water is contaminated with pesticides, lead, or other heavy metals, and you can't afford any other option, choose distilled bottled water—for the short-term. The risk of contamination may be less than with tap water, but there's far too little regulation to make it a permanent, viable solution.
- Pitchers can remove disagreeable tastes and chlorine odor, but they do little or nothing about arsenic, nitrates, and other contaminants.
- A filter is a good first step, but it can't get rid of the countless bacteria, viruses, parasites, toxins, pesticides, and chemicals that flow into homes every day. And not all filters are created equal. More expensive filters are better, but they have the same limitations, and eventually the filter gets used up, allowing potentially harmful invaders in. The only method I use is distillation.

THE ULTIMATE SOLUTION

Distillation is the only purification method I know of that removes all impurities. A good distillation system will remove every kind of bacteria, virus, parasite, and pathogen, as well as pesticides, herbicides, organic and inorganic chemicals, heavy metals (dissolved or otherwise), and even radioactive contaminants. Distillation is a fairly simple process: Water is heated until it boils and turns to steam. The boiling kills bacteria and other pathogens; and as the steam rises, it leaves behind waste material, minerals, heavy metals, and other contaminants. The steam is cooled and returns to the water. Distillers used to be large, slow, and expensive, but developments in technology have brought about countertop units that can easily provide enough water for a family of four. I like the Waterwise® Model 9000, available from Mountain Home Solutions, 888-887-8262.

6. DON'T BE BLINDED BY THE LASIK HYPE

LASIK (Laser-Assisted in-Situ Keratomileusis) is the latest procedure that utilizes lasers to reshape the cornea in an attempt to eliminate the need for contacts or glasses. Although the procedure is only five years old, it has rapidly become the latest fad in cosmetic surgery. It is now the most common form of elective surgery in the U.S., far surpassing breast implants and other forms of cosmetic surgery.

For anyone who has to wear glasses or contacts, LASIK seems like a godsend. And for ophthalmologists it has become like having a license to print money.

The surgery involves surgically cutting and pulling back a small flap on the surface of the cornea. A laser is then used to transform the shape of the cornea so it can more or less act as a corrective lens. Some surgeons are performing one of the 15-minute surgeries every half-hour during their daily office hours. "LASIK mills" are popping up all over the country. From all outside appearances, it would seem that LASIK surgery is the ultimate solution to all our vision problems and the technology will make glasses and contacts obsolete. After taking a closer look, however, I can tell you it's one procedure I recommend that you avoid, regardless of the promises and guarantees being made.

The public isn't being told the whole story behind LASIK. Unlike eyeglasses that have been in use for a couple hundred years and contacts, which have been around for about fifty, the LASIK procedure is only five years old. Not only does the surgery result in immediate risk and complications, the long-term effects on vision are not yet fully understood.

THE REST OF THE STORY

Almost all the literature you read regarding LASIK surgery states that only five percent of the cases will develop any type of complication. This supposedly encompasses temporary or permanent complications, including that of having worse vision than before the surgery. When I looked at the research, however, five percent appears to be only a guess, without any long-term supporting research to back it up. In reality, the risk of developing complications from LASIK appears to be much higher.

One of the most common problems involves seeing starbursts, glare, halos, or "ghosting" around lights at night. One study found this problem in 12 percent of LASIK patients one year after the surgery. (*Opth Times Feb 15, 1999*) Many individuals have reported an inability to drive at night due to this problem.

Other problems and complications include incomplete healing, dry eyes, and a loss of visual contrast. Incomplete healing can lead to infections and permanent scarring. Everyone undergoing the procedure can expect to experience dry eyes for the following couple of weeks. For most, the problem is temporary and can be alleviated with eye drops. In some cases, however, the nerves severed when the cornea is cut can result in a loss of sensitivity and a permanent inability to produce adequate amounts of tears. Some individuals have reported the need to use eye drops every five minutes while awake and every hour throughout the night.

The loss of contrast can be an even more serious problem. About three years ago, there were reports

coming out of the U.K., Germany, and Canada that the loss of contrast was so severe in anywhere between 30 percent and 60 percent of LASIK patients that they failed the sensitivity tests for night driving. A loss of contrast sensitivity makes it difficult to pick out dark objects against dark backgrounds or light objects against light backgrounds. Since we don't require this type of testing in the U.S. for night driving, many problems like these are not being detected or reported. As more people have LASIK surgery, it will be interesting to see if there's an increase in the number of nighttime automobile accidents in this country.

After undergoing LASIK surgery, 15 percent of the patients require follow-up or "enhancement" procedures to correct complications or other problems.

Although this type of information isn't routinely given to prospective LASIK patients, it was provided to the FDA during the approval process for LASIK surgery.

The Premarket Approval Application (#P970043/S5 from Dockets Management Branch (HFA-305), FDA, Pg. 19) from vision product-maker Alcon Corporation stated that:

- 22.8% of LASIK patients complained of light sensitivity following the surgery;
- 7.1% complained of having headaches;
- 31.9% had problems with visual glare;
- 32% experienced night driving difficulties.

SITES FOR PREVENTING SORE EYES

If you're still interested in having the LASIK, I suggest you check out a couple of Web sites that were set up to help individuals who are suffering from the effects of unsuccessful LASIK procedures.

On the Web site www.surgicaleyes.org you can read about thousands of individuals who are suffering from problems like double vision, triple vision, permanent dry eyes, inability to drive at night, etc. There are dozens of personal stories from those who have lost their jobs, their ability to drive, and their independence following LASIK. The FDA also has a checklist of risks and other factors to consider before having LASIK surgery. You can find it at www.fda.gov/cdrh/lasik/reduce.htm.

Based on the increased number of complaints the FDA has received since LASIK's introduction, the agency now specifically states in its Web site that you are not a good candidate for LASIK surgery if you are not a risk taker. And another agency is also showing an increasing awareness of the problem. The Federal Trade Commission (FTC) recently issued a consumer alert regarding the increase in the number of complaints it was receiving about LASIK.

A DANGEROUS FAD

LASIK surgery is a fad—a dangerous one. The changes it makes to the eye are permanent. Many patients have also learned that when damage occurs, it, too, is permanent. Oftentimes, there's nothing your doctor can do to correct it.

Although LASIK is less than ten years old, it already accounts for five percent of all medical malpractice lawsuits, and that number is growing. Unfortunately for most patients, the consent forms that are signed before the procedure make it almost impossible to sue for damages if something goes wrong.

As new technology becomes available and procedures become more refined, it's possible that surgery will be able to safely correct vision problems. We're not at that point yet. Regardless of whether the risk of developing complications is actually five percent or 25 percent, it's not worth risking your eyesight. All of the statistics become meaningless if you happen to be one of the thousands who end up suffering from an unsuccessful surgery.

A BETTER APPROACH

Rather than undergoing LASIK, you can nourish your eyes with proper nutrition, regular exercise, and a multivitamin supplement. Eat foods rich in nutrients that support flexible lenses and healthy retinal area such as carotenes (especially lutein and lycopene), flavonoids, and the amino acid glutathione. These foods include: eggs, fresh fruit, dark red and green vegetables, especially spinach and kale, berries, nuts, and seafood. Eat fruits that protect your eyes from free radical damage—prunes, raisins, and blueberries. Increase your intake of glutathione-rich cruciferous vegetables—Brussels sprouts, cauliflower, broccoli, cabbage, kale, bok choy, cress, mustard, horseradish, turnips, rutabagas, and kohlrabi.

7. SUNSCREEN SCAM

I'm afraid that all the advertising by sunscreen manufacturers claiming their products prevent skin cancer have lulled many people into a false sense of security. In fact, there is not adequate scientific data to support this claim, and there is evidence that sunscreens can actually *promote* overexposure.

To understand the situation you need to consider the three wavelengths of light that radiate from the sun: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). UVC wavelengths are damaging, but most are blocked by the ozone layer. UVB wavelengths affect mainly the *outer surfaces of the skin*; UVA penetrate more deeply. Most sunscreens, regardless of their advertising claims, block only UVB

wavelengths. They are ineffective against UVA wavelengths, which account for up to 95 percent of the ultraviolet energy coming from the sun. When skin is exposed to ultraviolet radiation, particularly UVB, *melanocyte* cells in the outer layer produce melanin. In biology class we were taught that melanin was simply a pigment responsible for tanning, but it now appears to have other roles. It absorbs the radiant energy of ultraviolet light and neutralizes free radicals that occur from light exposure and surface bacteria, viruses, and fungi.

Applying sunscreen sounds like a great idea. Ads indicate you can stay in the sun 10 to 50 times longer without burning. However, you are not being protected against skin cancer. In fact, when UVB waves are blocked, skin doesn't receive the signal to produce melanin. It remains white and transparent to the deep penetrating UVA waves that wreak havoc below the external surface. Your skin never turns red or burns, but the deeper blood vessels, nerves, and other tissues are bombarded with destructive UVA's. Ironically, the greatest amount of damage could occur from using a higher rated sunscreen, since a person would feel safer staying in the sun longer.

Now, even more damaging research has surfaced. Researchers at the University of Zurich have just informed us that five of the most popular chemicals used in sunscreens, lipsticks, and cosmetics to block UV light from the sun act like estrogen and make estrogen-dependent breast and uterine cancer cells grow more rapidly in test animals. These five are: octyldimethyl-PABA (OD-PABA), benzophenone-3 (Bp-3), homo salate (HMS), octyl-methoxycinnamate (OMC), and 4-methyl-benzylidene camphor (4-MBC). The 4-MBC was particularly potent. Mixed with olive oil at concentrations normally used in sunscreens, and applied to the skin of immature rats, uterine growth rate before puberty doubled.

Currently over 25 different chemicals are used in sunscreens. Little testing has been done to see which ones may exhibit hormonal activity, and it will take years of research before the real dangers associated with these chemicals are known. Don't wait for the verdict to act. I can assure you it won't be favorable.

If you must be in the sun frequently, use hats and clothing to shield your skin from harmful rays. Zinc oxide might not be pretty, but at least you won't subject yourself or your children to a cancer-promoting, hormone bath. If after reading this, you still want to get a tan, sun exposure should be done gradually over several weeks. Take unsaturated oils (such as flaxseed oil) and ample antioxidants (orally and topically) such as vitamins C and E, coenzyme Q10, beta-carotene, and the amino acid L-cysteine in your diet.

Start taking prophylactic antioxidants long before exposure to sunlight—you shouldn't expect much protection if you start taking vitamins the day you head for the beach.

8. FIBER WORTHLESS? NO, IT'S THE STUDY THAT'S WORTHLESS

A few years ago, a National Research Council study on the benefits of nutritional supplements revealed that 60 percent of the population were wasting money—and maybe even endangering their health—by taking vitamins, minerals, and fiber. It still shocks me to think that millions of dollars can be spent on useless studies like this. The people who arrived at these conclusions must have spent the last 25 years locked in their backyard bomb shelters!

Fiber has been shown time and time again to lower cholesterol levels and risk of colon cancer. New research has shown that a high-fiber diet lowers blood sugar levels as effectively as prescribed oral hypoglycemic drugs. A group of diabetics increased their fiber intake to roughly 50 g a day (25 g of insoluble fiber and 25 g of soluble fiber). After only six weeks, they had lower blood glucose levels after meals and throughout the day. Total cholesterol levels dropped an average of 6.7 percent, and triglycerides dropped 10.2 percent. (*New Engl J Med* 00;342:1392-8) If both options achieve the same goal, increasing your dietary fiber is a far better solution than using oral hypoglycemic drugs. However, do not take your multivitamin with a high-fiber meal. Take it with another meal or by itself because fiber interferes with the absorption of some minerals and fat-soluble components.

9. ACETAMINOPHEN WARNING

Many over-the-counter drugs that are considered harmless contribute to serious health problems. Acetaminophen is a good example. In April 1996, I discussed the connection between acetaminophen and liver damage in my newsletter, *Alternatives*. Not everyone develops liver disease, but there is a strong possibility that acetaminophen could pose a long-term health threat.

I believe that the use of acetaminophen (and probably hundreds of other drugs) speeds the aging process. As we age, these drugs can reduce the capacity to detoxify harmful chemicals, which in turn increases susceptibility to disease. For example, glutathione is an important antioxidant that can limit lung tissue inflammation and help your body detoxify drugs and foreign chemicals. With the number of environmental pollutants we're exposed to, we need glutathione levels high enough to handle detoxification. The best way to maintain or increase glutathione levels is not

acetaminophen. On the contrary, acetaminophen depletes glutathione in the liver, lungs, and kidneys.

Maintain your glutathione levels naturally with cruciferous vegetables—Brussels sprouts, cauliflower, broccoli, cabbage, kale, bok choy, cress, mustard, horseradish, turnips, rutabagas, and kohlrabi. Also, check your multivitamin to be sure it contains riboflavin (vitamin B2), selenium, zinc, and magnesium. Riboflavin helps recycle enzymes created from glutathione; selenium aids in their formation; and zinc and magnesium are necessary for glutathione enzyme production.

10. MILK DOES A BODY GOOD AS LONG AS IT'S THE RIGHT KIND

Despite claims in advertising promotions, milk in and of itself isn't really a rich source of calcium; however, it does contain a particular protein that helps move calcium from the intestinal tract into the bloodstream. This helps the body absorb supplemental calcium.

Raw or pasteurized goat milk is much more effective than cow milk at raising glutathione levels. As little as a glass or two a day has been shown to raise levels of glutathione. However, raw milk has been outlawed in most states. When proper sanitary handling procedures are used, raw milk can be safe and beneficial, but apparently authorities feel it is easier to pasteurize milk than to implement sanitation inspection procedures. Pasteurized goat milk is the next-best option, and luckily it's somewhat easier to find. Most grocery stores sell the condensed form, and many health food stores carry it fresh. (There is even a low-fat version.) Goat milk costs about twice as much as cow milk, but it confers more benefits. Many people feel the benefits outweigh the extra expense.

Research from the University of Delaware has shown that eight out of ten people with an allergy to cow milk were able to consume goat milk without problems. (It contains lactose, so if you are lactose intolerant you'll need to add Lactaid or a similar product to it.) I've routinely recommended goat milk for infants and small children who have difficulties

with cow milk. The fat molecules in goat milk are much smaller and easier for their systems to digest. Goat milk is rich in fatty acids that are used for energy production, instead of being converted into body fat. They are easily digested, which is a blessing for adults with liver, gallbladder and/or digestive problems. The fatty acids have also been shown to feed beneficial bacteria in the colon; inhibit the growth of yeast in the body; improve gallbladder function; remove cholesterol deposits in arterial walls; and stop episodes of childhood epilepsy.

In summary, if you like milk and it doesn't bother you, it's okay to drink limited amounts. If you can't get certified raw milk, then use fat-free. It's pasteurized, which makes it less than ideal, but homogenization, the real health risk, won't be a problem. During homogenization fat molecules are broken into smaller particles so the fat will stay suspended throughout the milk rather than float to the top. These altered fat molecules cause a host of problems, most notably atherosclerosis or clogging of the arteries.

* * *

It's one thing to buy a package of corn chips you saw advertised on television, but it's quite another to be taking needless drugs or undergoing invasive surgery simply because of slick advertising. I know how enticing miracle claims and glossy ads can be, but don't let them distract you from the bigger picture. As you see "miracle cures" promoted on TV or in magazines or newsletters, maintain some healthy skepticism. A closer look may reveal nothing more than another manufacturer with a product to sell.

Take a careful look at where you get your health advice. Everybody offers advice, but a good doctor is hard to find, and reliable publications often even harder. Stay focused on the research—on what's being tested, used, and improved around the world. I will do my part by bringing you the most recent study results. Together, we can sort the wheat from the chaff—and be healthier from the process.



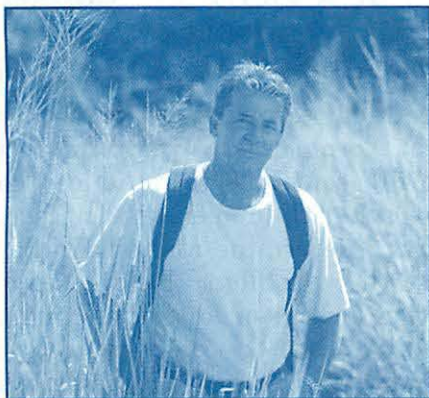
Dr. Williams works closely with Mountain Home Nutritionals, a division of Doctors' Preferred, LLC and subsidiary of Healthy Directions, LLC developing his unique formulations that supply many of the hard-to-find nutrients he recommends. Dr. Williams is compensated by Doctors' Preferred, LLC on the sales of these nutritional supplements and health products, which allows him to continue devoting his life to worldwide research and the development of innovative, effective health solutions.

Alternatives

FOR THE HEALTH-CONSCIOUS INDIVIDUAL

Mountain Home Publishing

Special Report



Dr. David G. Williams

Topics in This Report:

What the addition of aspartate can do.....	1
Don't waste your money.....	1
Aspartate must be used correctly.....	2
Don't be a victim of "cookbook" medicine.....	2
Resources.....	2

SUPER ENERGY IN A WORLD OF FATIGUE

Do you constantly feel tired, have headaches, and sleep poorly? The medical establishment might say you have chronic fatigue syndrome (CFS), but there is no way to diagnose or treat it. In reality, this "disease" can be treated and eliminated. It's all a matter of perspective.

Hypothyroidism, chronic constipation, iron deficiencies, chronic infections, stress, sleep apnea, and trace mineral deficiencies are just a few factors that can lead to chronic fatigue. If these problems have been ruled out in your case, I want to tell you about a remedy that may help. Few people are aware of it even though it's been around for almost 50 years.

In the late 1950s and early 1960s, European researchers studied the effects of two unusual forms of potassium and magnesium on fatigue.

The compound they studied was called **potassium-magnesium aspartate**. Aspartate (or aspartic acid) is a natural amino acid. It is a crucial compound used by the brain to help transmit nerve impulses and is a necessary component for energy production (in the Krebs cycle where your body extracts energy from carbohydrates). When combined with potassium and magnesium, researchers found aspartate provided several additional benefits.

WHAT THE ADDITION OF ASPARTATE CAN DO

When given to test animals, potassium-magnesium aspartate protected the thymus gland from radiation damage. Animals pretreated with potassium-magnesium aspartate before given x-radiation survived longer and radiation damage was more quickly repaired. (*Experientia* 80;36:874-875) (*Folia Biologica [Praha]*80;26:54-61) Other studies have shown that animals given this mineral compound had a dramatic increase in physical endurance. (*J Pharm Sci* 62;51:592-593)

Potassium-magnesium aspartate has also proven to be very effective in humans. In 80 patients experiencing post-surgical fatigue for a year or more, over 90 percent had complete relief from fatigue after taking the compound. Some experienced results in as little as three days, while for others it took two weeks. The average was seven days. Each patient participating in the study was given one gram of potassium-magnesium twice daily. Additional studies involving thousands of patients have confirmed that between 75 and 94 percent of all fatigue-ridden patients showed improvement when taking the compound. Surprisingly, these results have been achieved regardless of the cause of the fatigue. (*Am J Med Sci* 62;243:758-769) (*Clin Med* 64;Jan:85-90)

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DON'T WASTE YOUR MONEY

In the early 1960's, the compound was sold as the prescription drug—Spartase. That was before the FDA required extensive clinical tests to get approval. When new regulations went into effect, Wyeth Laboratories, the maker of Spartase, realized it couldn't be patented since it was a natural product. Without a patent and the market monopoly that comes with FDA approval, Wyeth didn't want to spend the money necessary to get it approved. Shortly thereafter, the product was taken off the market.

There are hundreds of potassium-magnesium products on the market. You'll find that the most common forms are oxides, chlorides, and gluconates. If you are fighting fatigue, don't waste your money buying these products. They do not work like the aspartic acid form. A few companies still make potassium-magnesium aspartate available as a food supplement. Stick to the products recommended in the Resources section at the end of this report. (By the way, I do not receive kickbacks or have any side deals with these companies.)

ASPARTATE MUST BE USED CORRECTLY

Many individuals are able to quit taking it completely after their fatigue is gone. Others must continue taking it, but at a reduced maintenance dosage. Since everyone is different, you'll just have to figure out what works best for you. It can be an amazing substance. If it could have been patented and made into a drug, I'm sure you would have already been aware of it. As it is, it has been pretty much swept under the rug. As an *Alternatives* reader, at least you know about it now!

Although aspartate has no side effects, if used as I have mentioned, other combinations with this amino acid may be a source of problems. Aspartate and the amino acid phenylalanine are combined to produce aspartame. The effects of ingesting large amounts of aspartame (NutraSweet) over time are still a source of controversy. Many users have

reported headaches and symptoms similar to those caused by monosodium glutamate (MSG). **I do my best to avoid aspartame and recommend that you do the same.**

A great alternative to NutraSweet is the herb *Stevia rebaudiana*. Stevia is 30 to 100 times sweeter than sugar, nontoxic, water soluble, has no aftertaste and is low in calories. Stevia is widely available in health food stores.

DON'T BE A VICTIM OF "COOKBOOK" MEDICINE

Doctors will begin to treat CFS when pharmaceutical companies develop drug-based treatment programs. Unfortunately, most doctors will continue to practice "cookbook" medicine rather than spend the necessary time and effort to determine and eliminate the root cause of the problem. Before accepting a prescription for this or any other condition, **ask your doctor what the medication will do to correct or eliminate the problem.** Don't be surprised if your doctor doesn't seem too happy to be asked such a question.

In all fairness, most patients want a simple "quick-fix" solution. Correcting the underlying cause of most health problems usually requires that the patient make some lifestyle changes. Patients unwilling to make these changes and take responsibility for their own health, will have no choice other than to rely on "cookbook" medicine. Don't do it!

Most of us wouldn't trust just anyone to care for our pets. And while we wouldn't let a total stranger take our car for a spin, we seem to have no qualms about entrusting our health to the first doctor that comes along. Never be afraid to ask questions, and always keep in mind that 50 percent of all doctors finished in the bottom-half of their medical class! Your health is your most prized possession. Without it, you have nothing.



Resources

I like **potassium-magnesium aspartate** by Thorne Research. (You can order their products from For Your Health Pharmacy at 1-800-456-4325 or www.fyh.com.) I also recommend Isotonic Mineral Formula by Ecological Formulas (1-800-888-4585).